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# Teeth Whitening Origins

[!:<http://www.webmarksolutions.com/wp-content/uploads/2010/03/BenjaminDuVall21.jpg>]The desire to have whiter teeth has existed for centuries! But in some surprising ways, the methods for getting that dazzling Hollywood smile have shown tiny change. This is truly an area where the original techniques, with small modifications, are truly the best.

Consider the advent of hydrogen and carbamide peroxide bleaching for the teeth. Evidence shows that hydrogen peroxide was used as early as 1884 as a method for whitening the teeth. Think about it: Even within the days of powdered wigs and wooden dentures, our colonial ancestors were committed to whitening their smiles.

Even our ancestors understood that although the external tooth enamel is white, but it's also transparent, which means that the colour of the structures beneath it will be more likely to show through. The material under the enamel is dentin. The normal colour of dentin is yellow. However, materials from the internal nerve can cause even the yellow color from the dentin to darken to a brownish yellow as we age. The dingy look of natural enamel as the age is a result from the combination of enamel stains, which become irreversible if they go without treatment, and the underlying dentin that darkens progressively as it gets more affected by the color of the internal nerve.

(A note- this really is one from the primary causes whitening toothpastes will never be fully effective: Even if you brush all day, the whitening agents in the toothpaste are only briefly in contact with the tooth - and even should you manage to abrade away and lighten the stains on the outside of the teeth, they will still be affected by the color from the dentin that lies beneath. This really is one from the strongest causes to consider teeth lightening bleach.)

Have you ever seen the natural coloring of a tooth with a root canal? The teeth is going to be gray because the inner substance which has died has permeated the encircling dentin. Here is where our ancestors found a great plan: by steeping a cotton pellet with bleach and securing it up inside the entrance perforation in a tooth with a root canal for a few days and nights, they could greatly lighten the tooth. After several days, they would merely remove the pellet and close up the hole with a filling. Voila!

#### A less arduous Strategy

While the whitening materials are comparable, the methods of use have developed into a good deal more sophisticated since the days of our forefathers in 1884. While hydrogen peroxide continues to be an option, the much more stable and lasting carbamide peroxide has become the gold standard, in concentrations ranging from Ten to about 30 % (the pro strength gel you buy from a dental office will commonly range from 15-22 percent strength; while over-the-counter lightening strips and products might provide you with as little as 2-4 percent strength!)

The key is in the application - two decades ago, cosmetic dentists discovered that a solution of 10-20 percent carbamide peroxide could safely be placed on the teeth without the concern of burning the gums and soft tissue or poisoning the patient as lengthy as the teeth whitening gel was utilized in conjunction with custom fit teeth whitening trays to keep the whitening material in direct contact with the surface of the teeth for as long as possible. The longer the contact, the whiter the teeth (up to a certain point - tooth whitening potential is individual, at a certain point, there's no additional teeth whitening effect to be gained.)

While there is absolutely no healthcare benefit to bleaching (and gradually darkening teeth are, in fact, completely natural), most every dentist now knows a brighter grin leads to a feeling of health, which could absolutely help with an optimistic mindset and great mental health. So although we don't have to turn to bleaching our teeth with cotton pellets, the fact that we have simple means of getting whiter teeth is enough to make anybody grin!

If you're looking for [professional teeth whitening](#), make sure you check out the special offers from Shine Teeth Whitening, a Medical Spa MD Select Partner that offers custom teeth whitening trays, pens and more to Medical Spa MD's physician community of more than 5000 members world-wide.

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