



Teeth Whitening Safety Tips



Check the labels

At-home whitening products must contain less than 10% hydrogen peroxide and less than 35% carbamide peroxide.



Always brush
after whitening



Visit your
dentist regularly

Use in moderation. Bleachorexia is a rising epidemic - and overuse of teeth whitening products can actually wear away your teeth's enamel. Follow the instructions of your product.

Signs You're Overusing



Sensitivity
to cold



Bleeding
gums



Blue or
see-through
edges