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