



PRESS RELEASE

The Sacramento Dentistry Group Answers: Do Home Tooth Whiteners Work?

The simple answer to the question of whether home teeth whiteners work is “it depends.” If you bought your whitener at a dollar discount store, it’s not likely that you will see a significant difference over time. If you paid a little more money at a reputable pharmacy, you may see results. Even our Sacramento dentists offer take-home tooth whitening kits to help patients achieve a specific shade of whiteness. The simple fact about teeth whitening is that a professional office procedure is the fastest way to whiten your teeth and there are many products on the market that are worthless in comparison.

About Those Tooth Whitening Products

Based on patient experiences, we can confidently say that flosses and rinses that claim to be whitening often disappoint their users. Every day when you drink beverages with tannins, like wine, dark beer or coffee, you stain your teeth. Eat some berries, drink or eat pomegranate or consume some dark sauces on your lunch or dinner plate and you stain the teeth even further. Many products that claim to provide whitening may not even be able to keep up with the stains you produce in a day, let alone over a lifetime.

Whitening toothpastes are also another potentially dangerous proposition. Most contain large amounts of abrasives that whiten the teeth by scraping the outer edge away! While that may reveal whiter enamel, it also reduces the size of your teeth day by day. For this reason and others, the Sacramento Dentistry Group only recommends using professional assistance for tooth whitening.

In Office Treatments Work Best

In less than an hour, a dental office can make a significant difference in the shade of your teeth, without harming them. The Sacramento Dentistry Group uses prescription grade whiteners that do not require abrasives, like the [Boost! whitening system](#). And if you want even whiter teeth, these dentists send you home with a kit that’s guaranteed to safely help you get the shade you want without damaging your enamel. For more information about [teeth whiteners that work](#), visit the Sacramento Dentistry Group at 1105 E Street in downtown Sacramento, call them at 916-538-6900 or use their website at [sacramentodentistry.com](#) to make an [online appointment](#).