

A dentist, an expert in the medical field, Alexei Antipenko, said that home teeth whitening can increase their sensitivity. In addition, the doctor emphasized that the notorious homemade whitening as a method simply does not exist.

The dentist noted that bleaching is carried out only in the dental office using atomic oxygen, a safe method without acid.

Antipenko explained that toothpastes, gels and strips marked "whitening" can be used at home, but do not give a significant effect. Homemade for bleaching does not have bleaching properties and can damage the enamel, causing increased sensitivity of the teeth.

The doctor warned that the sensitivity of the teeth can increase significantly, which is why the teeth would be almost always sick. "You'll smile in the wind - it will hurt. Start to drink hot tea - it will hurt. Start drinking cold water - it will be very painful," the dentist warned.

"What is given as homemade compositions for such needlemen, for homemade, when you need to mix the same lemon juice with laced coal, pumice, or first rub your teeth with an orange crust for a long time, or a slice of lemon, then immediately pour soda into a toothbrush, rub my teeth with such an abrasive - of course, I would not recommend using any recipes from the Internet, especially if they contain any acid component. Most often, this acid will be made of fruits, or citrus acid. In no case," the specialist emphasized.

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