

Dr Pretam Gharat Demystifies Teeth Whitening

Which is the most common and the easiest Cosmetic Dental procedure



London, Feb 13, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Dr Pretam Gharat is a London based [cosmetic and Implant dentist](#) who qualified in Mumbai in 2002. He moved to London in 2008 and since then has been performing life-changing dentistry providing smiles and confidence to his patients. He is also certified for providing Invisalign Full, Fastbraces and Inman Adult Orthodontics, conscious sedation and Nobel Biocare all-on-4 implants.

If you think you want whiter, brighter teeth, you are certainly not alone. With the advent of social media, we are all more aware - and conscious - of how we look.

And our smiles are a big part of this.

99.7% of people believe their smile is an important social asset. - American Association of Cosmetic Dentistry. Elleven, a London based Dental Surgery, found that 84% of people felt an increased pressure to have the perfect smile due to the rise in adults and celebrities seeking orthodontic treatment.

Dr Pretam Gharat confirms that teeth whitening is not a modern procedure. There are early pieces of evidence of whitening in history by chewing on seal skins. In ancient Egypt, having white teeth was a sign of wealth. Egyptians used a paste made from ground pumice stone and wine vinegar, applied with a frayed stick (the original toothbrush). But that's not as bad as the Romans, who used urine. It would have worked because it contains ammonia, but thankfully we've now found other solutions.

In the 17th Century, before dentists existed in their own right, barbers would take care of oral health. They whitened teeth by filing down the stained enamel and applying nitric acid.

Fortunately, in the 1960s, dentists identified the whitening properties of peroxide. This was quite accidental, as they originally used hydrogen peroxide as an antiseptic treatment for gums but noticed that when teeth were exposed to it over time, they began to whiten. This is the modern-day whitening.

There are many tried and tested ways to whiten teeth these days, including:

1. Gels
2. Strips
3. Trays
4. Bleach
5. Lasers
6. Toothpaste
7. Mouthwash
8. Coconut oil

Although these are the various ways of whitening those pearlys, professional tooth whitening is the best and most recommended way to go about this.

It's a good idea to [visit your dentist](#) to talk about cosmetic teeth whitening. Not only are their treatments effective; they also know how to carry them out safely and can help if you have any side effects. In the United Kingdom, we are legally permitted to use 2 types of Peroxides viz. Hydrogen Peroxide and Carbamide Peroxide.

There is also a higher level of patient satisfaction for whitening carried out at the dental surgery. A 2018 report found that 69% of patients were 'happy' or 'very happy' with their results – compared to just 42% of those who had used a home whitening kit.

There is no evidence of any pulpal damage due to tooth whitening. In simple words, it's one of the safest cosmetic dental procedures that you can have.

Dr. Pretam Gharat confirms that Teeth whitening can cost anywhere from £150 to upwards of £750. Teeth whitening can be carried out professionally in two ways:

- A whitening procedure that takes place in dental surgery is Zoom whitening. Using technology from Phillips, this works in a similar way to laser whitening but instead uses LED lights to accelerate a whitening agent. This can be followed by a course of home teeth whitening treatment to prolong the results.

A cheaper form of whitening offered by dentists uses custom trays to apply professional tooth whitening gel. This gel is usually stronger and more comfortable to use than cheaper over-the-counter options. This treatment begins with a visit to your dentist to take impressions of your teeth. These are used to create custom trays (like mouthguards) that will fit snugly in your mouth and ensure even coverage of the gel. Your dentist will begin the treatment in-practice or may just show you how to use your kit at home. Depending on the type of treatment, trays can be left on for 30-60 minutes or up to eight hours.

New research has discovered that single adults are driving an increase in the United Kingdom's illegal tooth whitening industry, as thousands admit to putting themselves at risk by having the procedure carried out by illegal, untrained and dangerous providers.

For further information on tooth whitening or any other cosmetic procedures please visit [Dr Pretam Gharat's website](#).

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