

The benefits Dentists know about At-Home Teeth Whitening with Carbamide Peroxide Gels

The new Crest 3D White Professional Effects Whitening Strips are the latest addition to ProWhiteSmiles line of Carbamide Peroxide teeth whitening products



London, United Kingdom Feb 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - ProWhiteSmile, a leading provider of teeth whitening products in the UK, has added Crest 3D White Professional Effects Whitening Strips to its range of teeth whitening products. These innovative whitening strips are designed to provide professional-level results from the comfort of your own home.

The new [Crest 3D White Professional Effects Whitening Strips](#) are the latest addition to the ProWhiteSmiles line of Carbamide Peroxide teeth whitening products. These strips are formulated with advanced technology that can remove up to 14 years of stains, giving users a brighter and whiter smile. The strips are easy to use and can be applied in just 30 minutes a day, making them a convenient option for those with busy schedules.

Carbamide Peroxide is a powerful whitening agent that has been used by dentists for years. The latest range has only recently become available for at-home use. Crest has taken this technology and created a gel formula that is easy to use and produces professional-level results in the comfort of your own home.

Teeth whitening is a popular cosmetic treatment, with many people opting for at-home solutions to achieve a brighter smile. The most effective option available, custom trays with carbamide peroxide gels, stand out for the proven results, ease of use, and affordability. That's why this is the dentist's choice. This article explores the benefits of at-home teeth whitening with carbamide peroxide, explains why 10%, 16%, and 22% strength gels are ideal for home use, and highlights the risks associated with *35% and 44% high-strength gels, which should be avoided outside professional supervision.

Why Choose Carbamide Peroxide for At-Home Teeth Whitening?

Carbamide peroxide is a well-established whitening agent that safely and effectively removes stains from teeth. Carbamide peroxide breaks down stains gradually, providing a gentler and longer-lasting whitening effect.

Key Benefits of [Carbamide Peroxide Teeth Whitening](#)

Safe for Enamel – Properly formulated carbamide peroxide gels do not damage tooth enamel when used as directed.

Effective Stain Removal – Penetrates deep into the tooth to remove intrinsic and extrinsic stains.

Gradual and Controlled Whitening – The slow release of peroxide ensures a more even whitening process with reduced irritation.

Customizable Strengths for Different Needs – Available in various strengths to cater to individual sensitivity levels.

Cost-Effective– More affordable than professional in-office treatments while delivering professional-quality results.

Convenient and Easy to Use – At-home whitening allows you to brighten your teeth on your schedule without dental visits.

Best strength carbamide peroxide gel for home use.

Choosing the right strength of whitening gel is crucial for safe and effective results and should always include a consultation with your Dentist. 10%, 16%, and [22% carbamide peroxide gels](#) are the optimal strengths for at-home whitening, balancing effectiveness and

10% Carbamide Peroxide – Ideal for First-Time Users & Sensitive Teeth

Best for: Mild staining and individuals with sensitive teeth.

Advantages: Slow, steady whitening with minimal irritation.

Recommended Usage:

Worn in custom trays for *1-2 hours per day* or overnight if recommended by your Dentist.

16% Carbamide Peroxide – Moderate Whitening Power

Best for: Individuals with mild to moderate staining who want faster results.

Advantages: More powerful than 10% but still gentle enough for home use.

Recommended Usage: Worn for *1-2 hours per day for noticeable results within a week.

22% Carbamide Peroxide – Maximum Strength for Home Use

Best for: Faster results and deeper stain removal.

Advantages: Higher strength but still safe for at-home use when applied properly.

Recommended Usage: Worn for 30 minutes to 1 hour per day, depending on the individual and your dentist's recommendation.

Why 35% and 44% Carbamide Peroxide Gels Are Unsafe for Home Use

Higher-strength carbamide peroxide gels (35% and 44%) are marketed for fast whitening but come with serious risks.

Dangers of High-Strength Whitening Gels at Home.

Increased Risk of Tooth Sensitivity – Higher concentrations can weaken enamel and expose dentin, leading to painful sensitivity.

Gum Irritation & Chemical Burns – The strong peroxide levels can cause painful burns on the gums and soft tissues.

Uneven Whitening & Overbleaching – Excessively high concentrations can cause an unnatural, blotchy appearance due to uneven bleaching.

Permanent Enamel Damage – Misuse can erode enamel, making teeth more prone to decay and long-term discoloration.

Potential for Accidental Ingestion – Swallowing highly concentrated peroxide can lead to stomach irritation and other health issues.

Professional-Only Usage – These strengths are designed for in-office use in the USA and other countries with specialised application techniques to minimise risks. Strict supervision during applications is vital.

The Verdict?

Stick to 10%, 16%, or 22% for Safe At-Home Whitening

To maintain your dental health while achieving a bright smile, it's crucial to choose a safe and effective strength*. [Carbamide peroxide gels](#) in the 10% to 22% range provide noticeable whitening and more control *without the risks* associated with higher concentrations.

Maintaining Your White Smile.

To extend the results of your whitening treatment:

Practice Good Oral Hygiene – Brush twice a day and floss daily.

Avoid Staining Foods & Beverages – Minimize consumption of dark-colored drinks and acidic foods.

Use a Whitening toothpaste* – Helps maintain results without additional whitening treatments.

Touch-Up Treatments – Periodically use a low-strength gel (10% to 22%) to keep your teeth bright and white.

Visit Your Dentist Regularly – Professional cleanings help remove surface stains and maintain oral health.

Conclusion: The Best At-Home Whitening Choice?

Carbamide peroxide gels used at home with custom trays offer an excellent way to achieve a dazzling smile safely and affordably. By choosing the right strength, 10%, 16%, or 22%, you can enjoy professional-level results at home without harming your teeth or gums. Always consult your Dentist before starting your teeth whitening journey to ensure you are in good oral health and a good candidate for teeth whitening at home. Avoid high-strength gels (35% and 44%) to protect your enamel and oral health. With proper use and maintenance, at-home whitening with carbamide peroxide can keep your smile bright and beautiful for years to come.

The Carbamide Peroxide Gels offered by ProWhiteSmile are designed to be used with their custom-fitted mouth trays, which are included in the Custom Kits. This ensures that the gel is evenly distributed to the teeth for maximum whitening results. The gels are also formulated with a desensitizing agent to minimise any potential discomfort during the whitening process.

ProWhiteSmile's [Carbamide Peroxide Gels](#) are now available for purchase on their website. Customers can choose from different strength options to suit their individual needs and can expect to see results in as little as 7-10 days. With this new product, ProWhiteSmile.com continues to uphold its commitment to providing high-quality, affordable teeth whitening solutions for its customers. Always consult your Dentist before you start your teeth whitening journey.



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