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A smile is the best accessory to add that charm factor to your personality. But what can deter you from making the best use of your smile is discolored teeth. Consuming excess of coffee to stay up or smoking can contribute to discoloration of teeth. There are several ways in which you can achieve dazzlingly white teeth (or just normal looking white teeth). It will not be difficult to find dentists Manchester (or any other place in England) to whiten your teeth. Dentists know that with increasing scrutiny of the physical appearance these days, there is bound to be a demand for teeth whitening and hence they meet the supply.

There are three ways in which you can whiten your teeth- Zoom whitening, home whitening, and a combination of these two. Zoom whitening is a surgical procedure where whitening gel is applied on the surfaces of the teeth and special light is directed towards it to activate the gel. 3 cycles, each 15 minutes long, are required; the gel is applied and removed in each cycle. The lips and gums are not affected..

Home teeth whitening mancheste require you to wear custom made trays that hold the whitening gel against the surface of the teeth. You have to load the trays with gel and wear it for 5-6 nights. This procedure is economical but requires care.

The combination of zoom whitening and home teeth whitening Manchester involves the surgical method mentioned above and the use of trays to prolong the effect of the whitening gel. You must remember before going for teeth whitening procedures that it is not a permanent deal. Before head to just any clinic, make sure you know what deal the dentists manchester are offering. There are always packages involves, you need to be aware to grab the best package.

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