

## Teeth Whitening - A Method You Never Knew About

One of the most popular and effective methods of tooth whitening is laser tooth whitening. But for many people, this is too expensive to be an option. Fortunately, there are a couple of other options available to these people. And no, I'm not talking about over-the-counter products. I'm talking about dental Veneers. This is also a very effective tooth whitening treatment for people who have severe discoloring, that bleaching wouldn't be able to help. Veneers also give your teeth a little extra protection, because they are made from plastic or porcelain. They also last much longer. Typically, you will get over 10 years of use out of a dental veneer. When it comes to dental veneers, you have a few options. Firstly, you can choose to have the porcelain veneer. This can be quite expensive, but it's well worth it. It will take several visits to your dentist (because impressions will need to be taken of your teeth to make sure the veneer fits perfectly). The benefits of this are that it will make your teeth look instantly whiter, and it will last for at least 10 years. It will also help protect your teeth from decay to some degree as well. The other option you have is a composite veneer. This is a cheaper option, and it requires less visits to the dentist (usually just the one appointment after the initial consultation). They don't last quite as long, but you should still get a good 5 years out of it. Also, it's usually charged per tooth, so you can save money if you only have one or two teeth that are discoloured and need whitening, as is often the case. In conclusion, having veneers applied to your teeth that need whitening is a very good option for the person who doesn't need all their teeth to be whitened, and would prefer to have a few discoloured teeth whitened individually. The results also last much longer than a laser tooth whitening treatment. With laser tooth whitening or over-the-counter products, you would need to have the treatment renewed every year if your teeth are prone to becoming discolored due to your lifestyle. If you don't mind going to the dentist, but don't fancy the expense of laser tooth whitening, then veneers are a good alternative option.

## About the Author

Pharmacies, health, pharmacies, in, Lebanon, clinics, free, doctors, hospitals, health care providers in Lebanon, medical services, list of clinics.

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