

Looking Good

Navigating Your Options For A Whiter Smile

(NAPSA)—Here's something to smile about: There are more products to whiten teeth now than at any time in recorded history. These remedies range from do-it-yourself at-home products to professionally diagnosed and applied solutions. They can be found through your dentist, at grocery stores, the middle of a mall, online or through countless infomercials. People now see a white smile as synonymous with being healthy, attractive and successful. With so many new products available and ever-changing technology, how do you know what product or service is the safest and most effective for you?

Every search for a brighter, whiter smile should begin in the dentist's chair. "Because of the wide variety of options available offering white teeth, many people believe they are equipped to self-treat their teeth with over-the-counter whitening solutions," says Dr. Arthur Tomaro of Exceptional Dentistry. "While these solutions are appropriate in some cases, it is imperative that patients first seek advice from a dental professional to determine if there are pre-existing conditions or potential problems that need to be addressed before undergoing any teeth-whitening procedure."

Once you've consulted your dentist, you'll be better equipped to choose a solution based on tim-



There are many options to consider when searching for the best way to whiten and brighten your smile.

ing and price. While professional in-office solutions are more costly, they offer almost immediate results. Over-the-counter solutions offer budget-friendly pricing, but results are limited and can take weeks and even months. Professional take-home solutions, such as custom tray whitening, offer quick results and let you whiten your teeth on your own schedule.

There are a variety of sources to help simplify whitening. One, Teethwhitening.com, provides reviews, answers questions and offers suggestions from an internationally renowned panel of dentists, hygienists and dental assistants. For more information about various teeth-whitening products and procedures, visit www.teethwhitening.com.