

Long-Term Detrimental Effects of Popular Teeth Whitening Treatments on Oral Health

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Approximately 37 million U.S. consumers whiten their teeth. Teeth whitening may provide a boost of self-confidence, but the procedure can potentially have adverse effects on an individual's oral health. In recent years, the effectiveness of various teeth whitening techniques has been carefully studied. To learn more about the harmfulness and effectiveness of various whitening methods we performed a comprehensive literature review of different whitening procedures. The primary sources studied the whitening strengths of each procedure and noted any differences in sensitivity or pain of teeth over time. The majority of the whitening treatments lacked rapid effectiveness and were unsafe for prolonged use as they caused permanent teeth sensitivity, enamel erosion, and changes to the oral microbiome. Many of these effects can eventually lead to larger problems such as complications with eating or drinking. Future research should investigate procedures that do not require harmful chemicals as well as the effectiveness of teeth whitening on different age groups. Different age groups respond differently to teeth whitening treatments because of varying enamel thickness, tooth sensitivity and strength of their teeth at a specific age. Using safer teeth whitening procedures, will lower the risk of damaging consumers' oral health in the long run.