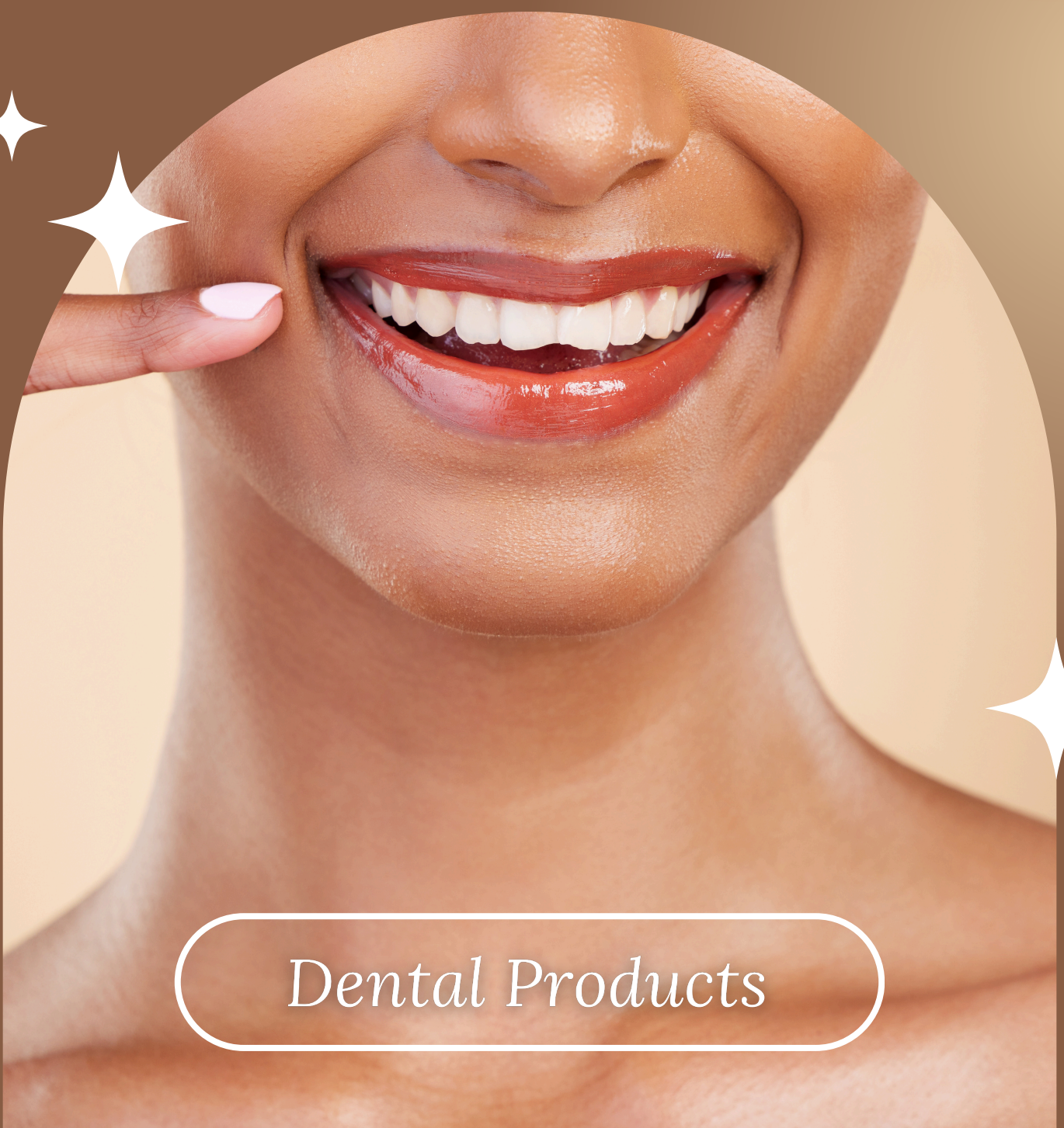


Fiona C. & Sammy L. Home Whitening Products

- 01 Purpose**
Alternative stain management when tooth stain is intrinsic. Used as cosmetic procedure (Darby & Walsh, 2025)
- 02 Recommended for**
Patients w/ tooth discoloration and healthy gums, and no restorations on front teeth (Darby & Walsh, 2025)
- 03 Side Effects**
May cause teeth sensitivity and gum discomfort (Darby & Walsh, 2025)
- 04 FDA Approval?**
The FDA has approved hydrogen peroxide as an oral antiseptic, but it has not classified its use in teeth whitening products (Dental, 2025).
- 05 Here are some whitening products below!**



Dental Products

Home Whitening Products

Crest 3D Whitestrips

(Crest, 2025)

Active Ingredients:

PVP, Water, PEG-8, Acrylates Copolymer, Hydrogen Peroxide, Sodium Hydroxide, Sodium Saccharin

Mechanism:

- Peroxide penetrates the enamel and dentin of the teeth
- The peroxide bleaches away stains, removing a thin layer of surface stains.

Instructions:

- USE ONCE A DAY FOR 60 MINUTES. Treatment length when used per directions lasts 7 days
- APPLY. Peel the upper and lower strip from plastic backing liner and apply strips to upper and lower teeth. WEAR FOR 60 MINUTES.
- REMOVE. Peel strips from back of teeth first to ease removal.

[~Buy Here \(~\\$45\)~](#)



(Crest, 2025)

Colgate Optic White Overnight Whitening Pen

(Colgate, 2024)

Active Ingredients:

Sodium Monofluorophosphate 0.76% (0.12% w/v fluoride ion)

Mechanism:

- Hydrogen peroxide penetrates enamel and dentin of the teeth

Instructions:

- Remove cap, pop applicator into bottle & twist
- Brush and rinse before applying
- Dry top row with tissue
- Apply a single, thin layer to top row (1 dip for 5 teeth)
- Repeat for the bottom row
- Leave application overnight
- Brush and removal serum in the morning
- Repeat routine for 1-3 weeks

[~Buy Here \(~\\$20\)~](#)



(Colgate, 2024)

Colgate Optic White Whitening Toothpaste

(Colgate, 2024)

Active Ingredients:

Sodium Monofluorophosphate 0.76% (0.13% w/v fluoride ion)

Mechanism:

- Hydrogen peroxide penetrates enamel and dentin of the teeth

Instructions:

- Place toothpaste onto brush and brush teeth
- Brush at least twice a day for 2 minutes with toothpaste

[~Buy Here \(~\\$8\)~](#)



(Colgate, 2024)

References

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