

## How To Use Baking Soda For Whiter Teeth

It seems as if everyone is searching for the perfect way to have that perfect smile. While there are many products available on the market for at-home teeth whitening, there are also ways that you can whiten your teeth at home. For years, people vying for whiter teeth have used baking soda. In fact, many types of toothpaste currently contain baking soda as an additive for those needing to remove stubborn stains on their teeth.

In order for baking soda to be effective, it must be used properly. If you are planning to implement baking soda as part of your ritual to a brighter smile, then you should learn how to effectively use this ingredient, without damaging your teeth and gums.

First, before you brush your teeth wet your toothbrush and dip it into baking soda. Be sure that your toothbrush is fully covered by the baking soda. Brush your teeth for five minutes. This should be done two or three times each month for maximum results. While brushing with the baking soda, be sure that you spit, but do not rinse until you have brushed for five complete minutes. After your time is up, rinse your mouth with clean water. Some people notice a tingling when brushing with baking soda. As long as you are not spitting blood, this tingling is perfectly normal. Should you notice blood, discontinue the use of baking soda and contact your dentist.

After you rinse your mouth and your toothbrush, brush your teeth with toothpaste the way you normally do. If the baking soda taste bothers you, you can also brush your tongue with toothpaste. This will eliminate the taste from your mouth. Alternatively, you can also simply add the baking soda with a little hydrogen peroxide. This produces significant results in teeth whitening, but should be done occasionally, as the peroxide tends to also whiten your gums. Be sure that you only use baking soda two or three times each month. The abrasiveness can cause damage to your tooth enamel if used more often than this. You also need to ensure that you do not brush too hard as you can damage your tooth enamel as well as your gums. If you have braces or a retainer, baking soda is not recommended because it has the tendency to dissolve orthodontic glue. Using baking soda correctly however, can result in a much brighter smile after the very first use.