

Your Pearly Whites: New Warnings About DIY Teeth Whitening--What You Need to Know

By Sarah Jio, Glamour magazine

Are you concerned about getting your teeth whiter? We live in a white-teeth-obsessed culture, and unfortunately, experts are now warning that the quest for perfectly white teeth comes with some serious consequences ...

I told you guys about a while back, and now I want to share some , who say they're seeing a frightening amount of young people coming in for treatment after DIY home whitening kits leave them with painful gums and teeth and destroyed enamel.

Related: While most dental experts conclude that common whitening agents found at the drugstore and used in moderation are safe (whew--I guess I'll keep using my Crest WhiteStrips then), it's the "homemade" whitening strategies that teens and young people are turning to--many finding such tips on the Internet--that can have damaging effects.

For instance, some sites suggest brushing your teeth with abrasive, Kosher salt, or using huge quantities of baking soda or peroxide, among other options. Related: "Some of these have the potential to damage healthy teeth," said Professor Andrew Eder, clinical director of the London Tooth Wear Center to recently. "Household baking soda is an abrasive, so that with repeated use the white enamel may be worn away and leave teeth browner and with increased sensitivity. Salt crystals will scratch the enamel. Any treatment involving acid is particularly harmful." Tell me about your teeth whitening experiences? Have you ever had pain after using a whitening product?