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Using Crest 3D White Strips is a popular and effective way to achieve a brighter smile. However, it can be daunting to use them for the first time, or if you're not sure how to use them properly. Fortunately, the process is straightforward and easy to follow. To use Crest 3D White Strips, start by peeling the strip from its backing and applying it to your teeth. Ensure that the strip is evenly aligned with your gumline. Fold any excess over the back of your teeth to keep the strip in place. After the recommended time (usually 30 minutes), remove the strip and rinse your mouth or brush your teeth. Repeat daily for 10-14 days per treatment for optimal results. It's important to follow the instructions carefully to avoid any potential side effects, such as tooth sensitivity or gum irritation. If you experience any discomfort, stop using the strips and consult your dentist. With the right technique, Crest 3D White Strips can help you achieve a brighter, healthier-looking smile. What are Crest 3D White Strips? Crest 3D White Strips are a type of teeth whitening product that uses a thin, flexible strip coated with a gel containing hydrogen peroxide, which is a bleaching agent. The strips are designed to conform to the shape of your teeth and provide an easy and convenient way to whiten your teeth at home. These strips are available in several different varieties, including Professional Effects, Gentle Routine, and Sensitive + LED Light. The Professional Effects strips are designed to remove up to 14 years of stains and offer expert-level whitening. The Gentle Routine strips offer more subtle teeth whitening, while the Sensitive + LED Light strips provide a less concentrated formula that is ideal for people with teeth sensitive to whitening. Crest 3D White Strips are easy to use and can be applied in just a few simple steps. The strips should be worn for the recommended amount of time each day, which varies depending on the specific product. Most varieties of Crest 3D White Strips are designed to be used once a day for 10-14 days per treatment. It's important to note that while Crest 3D White Strips can be an effective way to whiten your teeth, they may not be suitable for everyone. People with sensitive teeth or gum problems should consult with their dentist before using any teeth whitening product. Additionally, Crest 3D White Strips should not be used by children under the age of 12 without the supervision of a dentist. How to Use Crest 3D White Strips Using Crest 3D White Strips is an easy and effective way to achieve a brighter, more confident smile. Follow these simple steps to get the best results: Step 1: Prepare your teeth Before applying the strips, brush your teeth with toothpaste and rinse your mouth thoroughly with water. This will help remove any surface stains and ensure that the strips adhere properly to your teeth. Step 2: Apply the strips Carefully remove the strips from the packaging and apply them to your teeth, making sure that they are aligned with your gum line. Gently press the strips into place, smoothing out any bubbles or wrinkles. If necessary, you can use scissors to trim the strips to fit your teeth. Step 3: Wait and remove the strips Leave the strips on your teeth for the recommended time, usually 30 minutes. During this time, you can go about your daily activities, but avoid eating or drinking anything that could stain your teeth. After the time is up, carefully remove the strips from your teeth, peeling them off from the back to the front. Step 4: Rinse your mouth After removing the strips, rinse your mouth thoroughly with water to remove any remaining gel. You can also brush your teeth with toothpaste if desired. Step 5: Clean up Dispose of the used strips and packaging in the trash. Wash your hands and clean any residual gel from your teeth and gums. By following these simple steps, you can achieve a brighter, more confident smile with Crest 3D White Strips. Remember to use them as directed for the best results. Tips for Using Crest 3D White Strips When it comes to teeth whitening, Crest 3D White Strips are a popular choice. These strips are easy to use and can help brighten your smile in just a few weeks. However, to get the best results, it's important to use them correctly. Here are some tips for using Crest 3D White Strips. Tip 1: Choose the right product Crest offers a variety of 3D White Strips, each with a different level of whitening power. It's important to choose the right product for your needs. If you have sensitive teeth, for example, you may want to try the Sensitive + LED Light version. If you're looking for a more intense whitening experience, the Professional Effects version may be a better choice. Tip 2: Follow the instructions carefully To get the best results, it's important to follow the instructions carefully. Make sure you apply the strips correctly and wear them for the recommended amount of time. If you're using a version that comes with an LED light, be sure to use it as directed. Tip 3: Be consistent Consistency is key when it comes to teeth whitening. Make sure you use the strips every day for the recommended amount of time. Skipping days or using the strips inconsistently can lead to uneven results. Tip 4: Avoid certain foods and drinks Certain foods and drinks can stain your teeth and make it harder to achieve the results you want. Avoid coffee, tea, red wine, and other dark-colored beverages while using Crest 3D White Strips. You should also avoid foods that are known to stain teeth, such as berries and tomato sauce. Tip 5: Use a sensitivity toothpaste If you experience sensitivity while using Crest 3D White Strips, try using a sensitivity toothpaste. This can help alleviate discomfort and make the whitening process more comfortable. By following these tips, you can get the most out of your Crest 3D White Strips and achieve a brighter, whiter smile. Conclusion Using Crest 3D White Strips can be an effective way to whiten teeth at home. It is important to follow the instructions carefully to avoid any potential side effects, such as tooth sensitivity or gum irritation. The key to achieving the best results is consistency. It is recommended to use the strips daily for 10-14 days per treatment. It is also important to choose the right product for your needs. Crest offers a range of whitening strips, from gentle routine to professional effects, so you can find the right level of whitening for your teeth. One important thing to keep in mind is that Crest 3D White Strips are not a substitute for regular dental check-ups and cleanings. It is still important to maintain good oral hygiene habits, such as brushing twice a day and flossing daily. Overall, Crest 3D White Strips can be a convenient and affordable way to achieve a brighter smile. By following the instructions carefully and using them consistently, you can see noticeable results in just a few weeks. Resources: How to Use Crest White Strips How To Use Crest Whitestrips Most whitening strips are very easy to use, which means the teeth whitening instructions should be fairly simple. Here are some specific items you should look for when reading teeth whitening instructions: Placing the Strips: Most teeth whitening instructions will tell you to not brush your teeth just before applying the strip. This will help them adhere to your teeth better. To apply, simply remove the whitening strip from its liner and place the gel side to your teeth, aligned with your gum line. Press against your teeth for best contact and fold the remainder of the strip behind your teeth. Number of Daily Applications: Be sure to take note of how many times a day you should wear the strips. This will vary by product and should be clearly stated in the teeth whitening instructions—some require one application, while others are meant to be worn twice a day. Time Per Application: How long should you wear the strips per application? This is likely to range from 5 minutes to 45 minutes, depending on the strength of the product. Read your teeth whitening instructions closely and follow the directions for best results. Length of Regimen: How many days should you use the strips? Some whitening regimens last a week, while others last up to a month. No matter what kind of whitening program you use, following teeth whitening instructions will help you get the best smile and ensure you're properly caring for your teeth. Today's busy lifestyle doesn't leave much time for a complicated tooth whitening process. Fortunately, by keeping it simple, you can still achieve powerful whitening results without going through a painful or cumbersome teeth whitening process. Simple Swap: Start streamlining the teeth whitening process—swap your regular toothpaste, toothbrush, and mouthwash for products that are designed to help whiten teeth. Your local drugstore probably offers many products that help whiten teeth, including the ones in the Crest® 3D White Regimen. Whitening toothpastes like the Crest 3DWhite Deep Stain Remover are easy to find and can help remove surface stains for gradual whitening. Whitening toothbrushes such as Oral-B iO Series of electric toothbrushes which feature a whitening mode to polish away surface stains in just 1 day. Keep It at Home: You don't have to go to the dentist for a complicated tooth-whitening process anymore. There are dozens of effective whitening products available at the local drugstore that can provide professional-level results. You can easily avoid a complex tooth whitening process by selecting a program such as Crest 3DWhitestrips Glamorous White, which can dramatically whiten your teeth and provide noticeable results that last for an entire year. Find the Right Fit: Different tooth whitening products having varying concentrations of a bleaching agent, such as carbamide peroxide. If you have not used teeth whitening products before, a good strategy for safe tooth whitening is to start with a lower concentration of whitening product. If you don't experience any problems with tooth sensitivity, try a higher concentration. Start Right: Safe tooth whitening starts with healthy teeth. Be sure that you don't have any cracks, loose dental work, or unfilled cavities, and you can enjoy safe tooth whitening without worrying about any damage to the structural integrity of your teeth. Hold Steady: Follow the instructions on teeth whitening products and you'll have a safe tooth whitening experience. Use the products as directed, for the recommended duration. Support Your Smile: You can make the most of your whiter, brighter smile with other safe tooth whitening products, such as whitening toothpaste or whitening rinses. Also, spinning toothbrushes are safe tooth whitening products. These brushes can help promote white teeth by preventing the buildup of stains from day-to-day eating and drinking. Don't Let Whitening Interfere with Your Routine: While a more complex teeth whitening process may not allow you to continue your regular routine, there are products available that can easily fit into your lifestyle. Whitening products such as Crest Whitestrips use Advanced Seal technology to keep the strips in place so you can continue your regular activities such as showering, drinking water, or running errands. Say No When You Need To: Most at-home teeth whitening products are recommended for adolescents and adults who are 12 years of age or older. If you are younger than 12 years, pregnant, or if you have unfilled cavities, gum disease, or other dental problems, see a dentist before exploring tooth whitening options. Longer Doesn't Always Mean Better: Don't leave 3D Whitestrips in place longer than the period of time that is recommended on the product instructions. Instead, maintain your whiter, brighter smile by using the iO Series 9 Rechargeable Electric Toothbrush which vibrates to help remove day-to-day stains As you can see, whitening is easier than ever and doesn't require a complicated tooth whitening process. Your best bet is to get started so you can enjoy a brighter smile as soon as possible. Many people who want to whiten their teeth have questions about tooth whitening safety. Many products are available that are safe and effective for whitening teeth. But to maximize tooth whitening safety, decide what level of whitening you want, and then choose the right product.Your busy schedule need not prevent you from enjoying the confidence that comes from white teeth. Keep these points in mind to help you maintain your newly white teeth: Sip: If you drink cola drinks, sip them through a straw to minimize the contact of the drink with your white teeth. Rinse: Rinse your mouth as soon as possible to minimize the risk of stains if you drink coffee, tea, red wine, or cola, or eat foods that are likely to stain your white teeth. Brush: Upgrade your regular brushing routine with a whitening toothpaste to continuously help promote a brighter smile. Floss: A complete oral care routine of twice-daily toothbrushing and daily flossing will help maintain white teeth, no matter what teeth-whitening product you choose. Teeth whitening results can vary greatly depending on the products you use and the condition of your teeth. That's why it's a good idea to think about your ideal teeth whitening results before starting a teeth whitening regimen. Start by determining your whitening goals. How do your teeth look now? What do you want them to look like after whitening? These are important considerations when seeking the best teeth whitening results. Subtle Whitening: If you just need a smile spruce-up, consider a basic whitening program that's designed to provide subtle, gradual whitening. You may want to use whitening toothpastes and rinses or whitening strips to achieve your best teeth whitening results. Dramatic Whitening: If your teeth are significantly discolored, you want a whitening program that can provide noticeable, dramatic teeth whitening results. There are products available that provide professional-level results, with visible results that last an entire year. Sensitive Teeth Whitening: If you have teeth sensitive to whitening, achieving a brighter smile without side effects is probably your most important consideration. Fortunately, there are many products that provide exceptional teeth whitening results without causing pain for those with teeth sensitive to whitening. Crest 3D White Whitestrips Sensitive + LED Light provide subtle whitening by using the same ingredients dentists use in a less concentrated formula. This product is ideal for people with teeth sensitive to whitening and it only takes 30 minutes, once a day to achieve a brighter smile. For best results with any product that promotes white teeth, be sure to follow a routine of good oral hygiene, including twice-daily toothbrushing and daily flossing. Make sure to read the instructions on your products for white teeth—some suggest that you don't brush your teeth immediately before applying the product.You May Also Like3D Whitestrips 1-Hour ExpressCrest Deep Stain Remover Ultra White 3.1ozCrest 3DWhite Teeth Whitening Pen Whitening Strips have become increasingly more popular over the recent years, and for most of us who are trying to obtain the perfect pearly white smile, they appear to be a very popular, safe, and relatively quick teeth whitening option. Crest 3D whitestrips are a specific brand of whitening strips developed by Crest, they can come either with or without an accompanying "blue light". It's a method of teeth whitening in which plastic strips containing a bleaching agent are worn over teeth to achieve a teeth whitening effect. Many celebrities and Instagram personalities appear to give Crest 3D whitestrips the credit for their beautiful smiles. But there isn't much scientific and dental evidence to prove their effectiveness. However, recent studies have shown that whitening strips can usually lighten teeth by up to two shades (1). Therefore Crest 3D white strips do seem to work, and are actually quite effective when used properly. The results don't happen overnight, and it may take a couple of weeks to reach the desired shade, but when used properly and in the right way, their effects can be quite noticeable – so pay attention to the instructions below to get your dazzling white smile in the quickest and safest way possible. Tooth discoloration Tooth staining (or tooth discoloration) usually occurs when certain foods and drinks come in contact with the surface of the tooth and leave an external (extrinsic) stain on them. An external stain affects only the outer layer of your teeth (the enamel) and can be removed with teeth whitening. In addition to whitening strips, there are many other home teeth whitening systems available to choose from to get rid of external teeth staining, and many differ on how fast they claim to be able to whiten your smile. Sometimes the cause of your tooth discoloration could be because of a deeper and more serious problem affecting the inside of your tooth, so it's very important that you consult your dentist before using Crest 3D whitestrips (or any other whitening method) to make sure that you can even benefit from the teeth whitening process. The most common foods and drinks that cause teeth staining are: Tea Coffee Wine Curry Beetroot Soft drinks like Cola Red Sauces These types of foods and drinks will cause external staining on your teeth, but thankfully these stains aren't permanent and can be removed with whitening agents (such as Crest whitestrips). External Tooth staining is also quite easy to be prevented, rather than treated, so follow the tips listed at the end of this article in preventing tooth staining, both before or after your whitening treatment. How to use Crest 3D Whitestrips? Crest 3D Whitestrips come in small flat rectangular pieces of plastic, one for the top set of teeth and one for the bottom. These are then folded and worn over the teeth and using gentle pressure with your fingers, they mould onto your teeth. A whitening gel (containing hydrogen peroxide) has already been applied on these strips. Hydrogen peroxide is an abrasive bleaching agent and is responsible for the chemical reaction that causes teeth whitening. Even though studies have shown that Crest whitening strips cause no detrimental effect on the surface of your teeth (2), teeth sensitivity may be experienced, especially if you're using them more frequently or wearing them for a longer time than instructed. There are some tips for treating teeth sensitivity, but to reduce the risk of experiencing it, make sure you stick carefully to the instructions listed here and on the box. Steps in using Crest 3D Whitestrips: 1. Read the instructions on the box, the most important is to note how long to wear the strips for, and the frequency (how many times per day/week). After that, open the box and the packages. 2. Open the strips, they may be separate for your upper and your lower teeth, but usually they look like rectangular stickers on the same piece of plastic, remove both strips and check their fit on your teeth. 3. The front side of the strips should end just by your gum-line, so that the gel comes in contact only with your teeth and not your gums. Most strips should fit fine, but if you find that they're too big and are covering too much of your gums, then you can use a pair of scissors to cut the strips to fit your teeth. 4. Crest 3D whitestrips usually come with the whitening agent already placed within the strips, if not, spread some of the accompanying whitening gel on the strips so that it covers only the front side of your teeth when you place the strips in your mouth. 5. Place the strips in your mouth and press them against your teeth so they adhere to them, and then fold the rest behind your teeth. 6. Based on the instructions of the specific Crest 3D whitening system you have, you should leave the strips on your teeth as directed by the package instructions. (The Crest 3D whitening strip system usually requires you to leave the strips for 30 minutes) 7. After you have completed the session, remove the strips and throw them out (each strip can only be used once). Then you can rinse your mouth. You can brush your teeth if you want but use gentle strokes and avoid any aggressive brushing to avoid irritation of your teeth. 8. Repeat the process for as many days as instructed by the box and depending on your desired results. Crest 3D Whitestrips Tips and Tricks Not everyone is a right candidate to use Crest 3D whitestrips or any home teeth whitening method actually. If you have many fillings and restorations in your front teeth, or have a bad gum infection, then getting whitening strips may not be wise. Consult with your dentist and ask them if it's safe for you to use home whitening strips. Don't brush your teeth before using the strips. It may be harmful to your teeth and may also prevent the strips from attaching properly to them. Before using the strips, it's enough to just rinse your mouth with water (3). Use a whitening toothpaste once or twice a week. This helps your whitening treatment and also maintains the whiter shade. Continue using normal toothpaste (containing at least 1450ppm Fluoride) for the rest of the days. As mentioned above, it's very important that you don't over-wear or overuse your strips. Carefully follow the instructions indicated by the box, if you decide to wear them for longer than instructed, this will actually be harmful to your teeth. Some sensitivity when using Crest whitestrips may be experienced, don't be surprised if you feel discomfort during or after the treatment. The sensitivity is a very quick "electric" kind of pain that lasts for less than a second, it is not exactly painful but it is definitely uncomfortable. Read this article for tips on coping with teeth sensitivity. Don't expect that the more you use the whitening strips, the whiter your teeth will become, this process takes time – so stick to the instructions and be patient. Page Six may be compensated and/or receive an affiliate commission if you click or buy through our links. Featured pricing is subject to change. Looking for a smile-worthy addition to your beauty routine? In addition to becoming Amazon's No. 1 bestselling teeth whitening strips, Crest 3D Whitestrips Professional Effects have scored rave reviews from several camera-ready stars. "[They're] effective, budget-friendly and easy to use on the go," Erin Andrews told Page Six Style last year, while Chrishell Stause once told E! that they're "quick and easy." Paige DeSorbo's also a fan, having shared with the same outlet she's used the Vivid Plus version "since high school." As someone who'd never tried a tooth-whitening treatment before — and was in need of a little refresh — I had to know if the at-home strips were worth the hype. About Crest Whitestrips While Crest offers several options — including some marketed specifically for sensitive teeth — I decided to put the bestselling kit to the test. It's designed for 45 minutes of daily use for a total of 22 days. Each packet contains clear strips coated with brightening hydrogen peroxide. The brand claims the "advanced seal technology" will keep them in place on your teeth, even while you talk or drink water. The product's a longtime customer favorite on Amazon, earning it a 4.6-star average out of over 95,300 (!) shopper ratings. My review Amazon Pros: My teeth looked noticeably whiter after use Dentist-approved Less expensive than professional whitening It's been a few weeks since my last treatment, and the effects have remained Cons: Can leave an aftertaste Can cause teeth sensitivity Each treatment takes 45 minutes, which may be difficult to fit into a busy schedule Sometimes the strips slid off my teeth As a complete teeth whitening newbie, I started to see a visible difference after just a few days of use. My pearly whites got progressively brighter over the 22 days of treatment — despite my daily coffee habit — and I honestly wish I'd tried this product out even sooner (especially when I look at old photos of my pre-Crest smile). Since it was difficult to talk clearly while wearing them, I typically wore them during workouts, while running errands or watching TV after dinner. My main gripe is that they didn't always stay in place; if I put them on slightly lopsided at first, they were difficult to fix and sometimes folded over onto themselves. Page Six Style & Shopping Director Elana Fishman, who swears by Whitestrips and typically uses a kit every six month or so, has a hack for helping the strips stick. "The key is to get those teeth bone-dry before you apply," she says. "I brush with just water — not toothpaste, since fluoride can block the brightening effects of peroxide — and then dry my teeth with a towel before popping on my strips. They never slip!" Elana also warns that Whitestrips can cause tooth sensitivity; she prefers to use them every other day to make that side effect easier to manage. (I personally didn't experience any discomfort during my testing — just a faint aftertaste after removing the strips.) "They make my teeth ache, but they definitely work — as well as a professional whitening treatment, in my experience," she says. "And importantly, my dentist told me they're totally safe to use as an alternative." Given 22 days of use got a bit tedious, in the future, I might be more inclined to try the 1-Hour Express Whitestrips, which only require 10 days of treatment. The final verdict While I can only speak to my own experience — and recommend consulting your dentist on what's best for you — Crest's strips did make my teeth noticeably whiter. Though there were a few inconveniences, I plan to use them again in the future. How we tested I used a full Crest Whitestrips kit, applying the strips every day for 22 days as directed. While testing, I kept the following factors top of mind: Comfort: Did the strips cause sensitivity or an unpleasant taste? Effectiveness: Did I notice a difference in tooth color after using? Ease of use: Were the directions easy to follow? Did the strips stay in place during treatment? This article was written by Hannah Southwick, Commerce Writer/Reporter for Page Six Style. Hannah spies deals on actually affordable celebrity-worn styles, puts Hollywood's favorite labels to the test and finds the beauty products that keep stars red carpet-ready. She consults stylists and industry pros — including celebs themselves — for firsthand product recommendations, trend predictions and more. In addition to writing for Page Six since 2020, her work has been featured in USA Today and Parade. Are you looking to achieve a bright and dazzling smile? Crest White Strips can be your go-to solution for achieving those pearly whites. These whitening strips have gained immense popularity due to their effectiveness in removing stains and giving your teeth a noticeable shine. In this article, we will guide you step by step on how to use Crest White Strips effectively and address common concerns and questions along the way. Using Crest White Strips is a simple process that can be incorporated into your daily routine. Follow these steps for optimal results: Do NOT brush your teeth prior to starting treatment Begin by opening the packaging and taking out both the upper and lower strips. If necessary, customize the strips to fit the height of your teeth. You can do this by carefully cutting each strip to the appropriate size. Once you have prepared the strips, peel off the plastic covering that protects the adhesive layer on the side that will come into contact with your teeth. Before placing the strips, make sure your teeth are totally dry. You can do this with a soft cloth. If you have a lot of saliva on your teeth, then it might be difficult to get the strips to stick properly. Take caution while placing the strips on your teeth. Ensure that the gel side of the strip sticks onto your teeth while avoiding contact with your gum line. Position them accurately for maximum coverage and effectiveness. Consult the instructions provided on the packaging to determine the recommended duration for leaving the strips on your teeth. After the designated time has elapsed, carefully remove the whitening strips from your teeth. Make sure to peel them off gently to avoid causing any discomfort or damage. Rinse your mouth thoroughly with water to remove any residual gel or debris from the whitening strips. Take your time to ensure your mouth feels clean and refreshed. It is advisable to wait at least two hours before brushing your teeth after the whitening treatment. This allows the active ingredients in the Crest Whitestrips to continue working effectively. Additionally, refrain from eating for at least one hour after removing the strips. This gives your teeth time to recover from the treatment and reduces the likelihood of staining. If desired, you can repeat the treatment following the same steps outlined above. However, it is crucial to adhere to the guidelines provided on the packaging and avoid exceeding the recommended number of consecutive days. Generally, the recommended duration for using Crest Whitestrips ranges from 10 to 20 consecutive days for optimal results. The frequency of using Crest White Strips depends on the specific product you choose. While some variations are designed for daily use, others may require less frequent application. Always refer to the instructions provided with your Crest White Strips to ensure you are using them as directed. Overuse of whitening products can lead to tooth sensitivity or other undesirable effects, so it's important to follow the recommended guidelines. Yes, it is advisable to brush your teeth after using Crest White Strips. Brushing helps remove any remaining residue from the strips and leaves your mouth feeling fresh. Use a gentle toothbrush and fluoride toothpaste to maintain your oral hygiene routine. Crest White Strips are typically worn for around 30 minutes per application. However, it is crucial to read the specific instructions provided with the product you are using, as different variations may have slightly different recommended durations. Avoid leaving the strips on for longer than instructed, as this can increase the risk of tooth sensitivity and other potential side effects. Leaving whitening strips on longer than the recommended duration can have adverse effects on your teeth and gums. Prolonged exposure to the whitening agents in the strips can lead to increased tooth sensitivity and potential gum irritation. To prevent these issues, always follow the instructions and remove the strips within the specified time frame. While Crest White Strips are generally safe to use, some individuals may experience mild side effects. These can include tooth sensitivity, gum irritation, or temporary white spots on the teeth. These side effects are typically temporary and subside after the whitening treatment is complete. If you experience persistent discomfort or adverse reactions, it is advisable to discontinue use and consult your dentist. After using Crest White Strips, it is important to avoid certain habits or substances that may interfere with the whitening process. Here are a few things to avoid: For the best results, try to avoid consuming staining foods and beverages such as coffee, tea, red wine, or colored sauces immediately after using Crest White Strips. These substances can diminish the effectiveness of the whitening treatment. Smoking not only stains your teeth but also hinders the whitening process. It is best to refrain from smoking or using tobacco products to maintain the results of your whitening treatment. Acidic drinks like citrus juices and sodas can temporarily soften the tooth enamel, making it more susceptible to staining. Avoid consuming these beverages immediately after using Crest White Strips. While brushing your teeth is essential for oral hygiene, avoid aggressive or intense brushing immediately after using Crest White Strips. This can potentially cause gum irritation or sensitivity. It is generally recommended to avoid drinking water while wearing Crest White Strips. The strips adhere better to dry teeth, and water can dilute the whitening agent's effectiveness. However, if you need to drink water, do so sparingly and try to avoid swishing it around your mouth. Remember to remove the strips before consuming any other liquids or foods. Crest White Strips contain several key ingredients that contribute to their whitening effects. The primary active ingredient is hydrogen peroxide, a well-known tooth whitening agent. Other ingredients may include water, glycerin, carbomer, sodium hydroxide, and various flavoring agents to enhance the overall experience. Always check the packaging or product information for a detailed list of ingredients, especially if you have any known allergies or sensitivities. While Crest White Strips are a great solution, the biggest complaint people have is they cause tooth sensitivity. Luckily there are new teeth whitening strips on the market that contain potassium nitrate Like Ollie teeth whitening strips. Potassium nitrate is the same compound used by dentists during professional teeth whitening treatments to reduce tooth sensitivity, so it definitely works. So if you love the idea of teeth whitening strips, but suffer from sensitivity issues, give Ollie teeth whitening strips a try!. If you prefer to stick to Crest Whitening strips and suffer from sensitivity you can use Sensodyne Pronamel toothpaste which also contains 5% potassium nitrate to reduce sensitivity. Check Pricing For Ollie Teeth Whitening Strips Crest White Strips offer a convenient and effective solution for achieving a whiter smile in the comfort of your own home. By following the step-by-step instructions, being mindful of frequency and duration, and taking care of your oral hygiene, you can maximize the results of using Crest White Strips. Remember to be patient, as it may take several applications to achieve your desired level of whitening. Embrace the journey to a brighter smile, and enjoy the confidence that comes with it. How Much Does Teeth Whitening Cost? The Complete Guide Baking Soda Toothpaste: Does it really work? This guide covers → Directions for using Crest Whitestrips® (and similar generic products). | This is Part 1: How to start your treatment session – Preparing your teeth. / Handling strips. / Applying your strips. | Part 2 can be found here.This page outlines how to use Crest Whitestrips®. We originally wrote these directions for Whitestrips Classic®, a version that has been discontinued. We've since updated our pages (Parts 1 & 2) so they include information pertaining to the different products that currently make up the Whitestrips® line.This lineup includes: Crest Whitestrips® 3D White – Glamorous White, 1 Hour Express, Gentle Routine, Professional White, Brilliance White, Classic Vivid, Professional Effects Other product versions covered by our pages are: Crest Whitestrips® 3D White – Vivid, Advanced Vivid, Stain Shield, Intensive Professional Effects, Luxe Supreme Flexfit and Luxe Glamorous White.Instructions for using Crest Whitestrips® –We've subdivided our discussion of this subject into the following sections. (Part 1 is this page.)Instruction steps –1) Getting ready to perform your whitening strip session.Actually, when using Whitestrips® products it's not so much what you should do in preparation for applying them as opposed to what you shouldn't.a) Should you clean your teeth first?Better adherence.No, you shouldn't. Crest's® directions for their Whitestrips® products state that they'll stay in place better if you do not brush your teeth before applying them.Preventing gum irritation.Crest® publications also suggest that you'll tend to notice less treatment-associated gum tissue irritation if you don't brush your teeth before using your strips.An explanation.One would have to presume that both of the above phenomena have to do with the dental (tooth) and mucosal (gum tissue) pellicles (biofilm layers) that naturally form and are evidently exploited to aid strip retention and protect gum surfaces from the whitener. And the act of brushing your teeth would tend to remove them.How long should you wait after brushing?While we don't find any specific recommendation from Crest®, we see it stated on their website that if you have just brushed your teeth you should "allow for some time to pass" before using your whitening strips.We can report that:A tooth's pellicle starts to reform instantaneously upon its exposure to saliva.At a period 1 hour out, it has developed substantial thickness. And at a point 2 hours following brushing, its formation (based on the number of different kinds of proteins it contains) can be considered substantially mature.Your gum tissue's surface renews itself every 3 hours. So, whatever amount of protective film formation does help to reduce soft-tissue side effects, it forms more quickly than that.(Dawes)Based on this information, it seems that waiting around 1 hour, possibly two, after having brushed would constitute a reasonable enough amount of time.▲ Section references – Crest.com, Crest.com, Dawesb) Removing the strips from their packaging.Whitestrips® come packaged in pairs (one upper and one lower) in individual pouches.The two strips in each pouch are used for one treatment session and then discarded.Details.Simply tear open the pouch and remove the thin plastic (polypropylene) carrier on which the whitening strips are affixed. The strip for the upper teeth is the larger one of the two.Which side of a whitening strip goes against your teeth?The side of the strip that faces the plastic carrier is the side that's been coated with tooth whitening gel and therefore is placed against the surface of your teeth.That's easy enough to remember. It's the whitener side of the strips that needs to be protected until used. So, when packaged, it's this side that faces the surface of the plastic carrier your strips come on. Also, packaging the strips this way helps to minimize how much the strip's whitener side gets touched during the application process. Peeling a Whitestrip® from its carrier.c) Don't peel a strip off until you're ready to apply it.Whitestrips® are relatively flimsy items and can be tricky to handle. So before you peel one off its plastic carrier, make sure that you're all set and ready to go.Patience pays.In general, as you peel the strip off its carrier, just be as careful as you can. You don't want to do anything that will make you have to touch or otherwise disturb its surface that contains the whitener any more than you absolutely have to. Be careful not to crinkle a Whitestrip®.This especially includes not letting the strip fold over on itself, or letting it get stuck to the other strip or some other object. Straightening things out can prove to be a difficult task, so just take your time and be careful.Also, use dry fingers. You don't want excess moisture to get on the whitener and dilute it, or help it to spread easily onto your fingers.2) How to place whitening strips on your teeth.(Once you're ready, keep in mind that it's the gel (coated, sticky) side of the strip that's placed against your teeth. This is the side of the strip that was face down on the plastic carrier.)Which whitening strip goes on top, and which on the bottom?It's the longer of the two strips that you peel off the plastic carrier that's intended for use with your top teeth. The shorter one is for treating your bottom ones.That's easy enough to keep in mind because each of your upper front teeth is wider than their corresponding lower one. Hence, the added length of the longer strip is needed up on top so all of your upper teeth are covered and receive treatment.a) The strips need to be aligned properly.When placing a Whitestrip®, you generally align it across the height of your gums. Of course, its straight edge and the scalloped outline of your gum line won't match up exactly, so just do the best that you can. (See illustration.) Place the strip so it fully covers your teeth.Make sure to cover your teeth.The idea is to maximize the amount of tooth surface that the strip covers over.Any portion of a tooth that lies beyond the edge of the whitening strip won't receive the same level of exposure to the whitener.And yes, this type of positioning means that the strip will lie over small portions of your gums where they come up in between your teeth.Take your time.The sticky fit of Whitestrips® products tends to make them a tad difficult to work with. And if you position one incorrectly, while you can still just peel it back off, you'll feel its strong tug and wonder how much whitener you're leaving behind as you do. So it's nice if get things right the first time.b) Once positioned, press the Whitestrip® into place. Once positioned, gently press the strip in place.Once you have the whitening strip positioned properly, gently press on it so to secure it in place and maximize its contact with each tooth's surface.Then, fold the remainder of the strip back behind the biting edge of your teeth. Repeat.Now that your first strip is in place, all you have to do is repeat the same process on your other arch (upper/lower teeth).It doesn't really matter which arch you do first. But you'll probably find it easier to start with the lower and then do the upper second.c) Wash your hands after handling Whitestrips®.The bleaching agent that's applied to Crest's® products is hydrogen peroxide (it's the standard for whitening strips in general). And this compound readily reacts with surfaces that it comes into contact with, not just your teeth. Wash your hands afterward ... in every case.There is no question about this point. You will get some of your strip's whitener on your fingers during the application process, so wash them (soap and water) after you're finished handling them (and their packaging).Signs and symptoms.If you don't wash up, you may notice that your fingers start to tingle, or even burn. That's the peroxide reacting with your skin. It may even cause white patches to form. In any case, just wash your fingers off and you should be fine.Be careful though, additional, possibly more serious, complications can occur too.Just like with your fingers, touching any portion of your skin can cause irritation and/or whitening. (Wash the area immediately with soap and water.)Touching your eyes can certainly result in irritation. (Immediately flush your eyes with water for 15 minutes as a first step. Seek medical attention if the irritation persists after rinsing.)The whitener may bleach your hair (on your head, eyebrows, beard or mustache) if you touch it.These same types of accidental harm can occur with your child or pet too if you touch them before washing your hands first.Permanent damage may occur with clothing or any other possessions or objects you touch (towels, purse, furniture, etc...). So be careful and always wash your hands after handling whitening strips or the pouch they came in.Jump ahead to Part 2 of our directions: Performing your whitening strips treatment session. ►3) FYI: Whitening strip design.Historically, Whitestrips® came in two basic forms. The big difference between them was that one type stayed in place better than the other.At this point in time, this issue seems to be just historic. Crest's® trend has been that newer/revised Whitestrips® versions have been designed with the tighter, more-adherent fit we describe below. And in fact, we are unaware of any types that don't have this feature.But for those considering using alternative or generic brands, especially if they have trouble with keeping them in place, the following discussion probably explains why.a) Sturdy, strongly adherent strips –Characteristics.This is the newer type of Whitestrip®. And kits of strips that have this design are frequently (historically have been) labeled with the terms "Advanced Seal" or "FlexFit."The term Advanced Seal refers to the "no-slip grip" nature of the whitener that's been applied to the strip, which also serves as its adhesive.The FlexFit term applies to the way the strip can be "stretched and molded" around the user's teeth. In this type of product's instructions, it usually states to "stretch and apply" the strip.The trend is that newer Whitestrips® versions have the tighter, more-adherent fit. If you want a secure fit, look for Advanced Seal Whitestrips.What you'll notice.As compared to earlier Whitestrips® designs, the strip itself is made out of a relatively thick, tougher type of plastic.The nature of the whitener/adhesive that's been applied is very sticky.The strips in this category are generally intended for longer wear times (30 minutes to 2 hours, depending on the product).We are under the impression that the following types of Whitestrips® have this design feature: Crest Whitestrips® 3D White – Advanced Vivid, Professional Effects, Intensive Professional Effects, 1 Hour Express, Luxe Glamorous White and Luxe Supreme Flexfit.There is no question that these strips stay in place well. And if you've had difficulty wearing previous generations of Whitestrips®, this design will likely provide the solution that you need.They are so adherent that Crest® suggests that you could whistle or drink water while wearing them (which to us, seems a fairly accurate claim).b) Flimsy, less-adherent strips –We're currently under the impression that Crest® no longer manufactures this style of strip. But when purchasing generic brands, you may find that they still use this design.These strips are made out of a comparatively lighter weight, flimsier plastic. And the whitener/adhesive applied to them is much less adherent.The online reviews we've read for this type of product frequently include the words: slippery, slides around, don't stick. So if you see these works associated with the product you're considering, there's your tipoff.Which style of strip should you choose?It only makes sense that most people probably prefer using a more-adherent style of strips.But that's not to say products (alternative or generic brands) that don't have as snug a fit aren't or can't be equally effective. (If they have a similar whitener they can be.) But Crest® and their Whitestrips® products seem to excel in regard to the way they stay in place on your teeth, which can make performing treatments less of a task.Continue to Part 2 of our instructions: Performing your whitening strips treatment session. ► Page references sources: Crest.com – Can I Brush My Teeth Before or After Using Whitestrips?Crest.com – Crest Whitestrips Instructions.Dawes C, et. al. The functions of human saliva.All reference sources for topic Teeth Whitening Strips.Comments.This section contains comments submitted in previous years. Many have been edited so to limit their scope to subjects discussed on this page.Comment –3d white stripsi wish I read this page first,before I purchased this product,I would have purchased a more sticker one. My 3d white strips don't stick like I thought they would.Stephen C.Comment –They don't work.Save your $$. Pulling them off the clear plastic strip and placing them is so difficult. And when/if you get it done, they DO NOT STICK. THey do not work. I wasted $72 when I bought from my dentist's office following a recent visit. Save your $$.Paul O.Reply –There seem to be a couple of issues being discussed here.1) As far as staying in place, it would be our opinion that the "Advanced Seal" strips are very sticky and stay in place quite well (and infinitely better than previous generation Whitestrips).2) "Pulling them off the clear plastic strip and placing them is so difficult" – We absolutely see how this might be a problem for some people. So the first time you do the process have all of your ducks lined up in a row so you have no interferences or distractions.3) "They do not work" – This technology absolutely can work, and probably does for most people. But there can be a lot of variabillity in types of staining and between different people. There's no way in advance to know what type of results you will get.Staff DentistComment –Good sensible viewpointsThanks, farily reasonable viewpoints. Helps this old guy modernize his tooth care. LOL. I'm guessing I need to update some probiotics afterward to replace intestinal flora killed off by the peroxide?Jim BReply –We're not really going to have an answer for you about intestinal flora. We'd anticipate that the bulk of the peroxide is neutralized in your mouth.Staff DentistComment –They worked great for me.The one problem I had was that they didn't stick well to my lower teeth. I think that was because they were more wet with saliva. So, I eventually started to pat down my lower teeth with a paper towel to dry them before I applied the strips. That seems to take care of the problem. My teeth are much whiter now then when I started.NeilComment –Which side?I recently purchased the crest white strips professional effects. I opened my first strip and I was confused which side goes on my teeth. Is it the side i peeled off the plastic? Or the other side.? There also little patterns on one side of the strip. Need some clarity on which side of the strip goes against my teeth.BusterReply –The side of strip that faces down on its plastic packaging is the side that is coated with the whitener and is placed against your teeth.Staff DentistComment –Just some advice.After pressing the strips into place on your teeth make sure you wash your hands off. I know the whitener is only on the other side of the strip but I didn't wash and ended up getting whitener on my new Christmas blouse by touching it. It made a white spot.JuleBComment –Kinda confused.So I'm reading all the comments and it looks like these strips only whiten your teeth after a week or more of consisted used. I know it's not gonna whiten my teeth completely after one use but I think it's a little crappie that it takes so long to see any resultimate and that it only keeps them white for as long as you use them. Not to mention that they are painfully expensive. I cold NEVER afford to use thesearch things on a daily basis. Great idea but not a realistic possibility for a middle/lower class person such as myself.Tina W.Reply –Some of what you state is accurate.This part is not: "and that it only keeps them white for as long as you use them" The results you get with whitening strips will last as long as with any other whitening method, because all methods are based on the same chemistry (peroxide tooth whitening).Also: "I think it's a little crappie that it takes so long to see any resultimate" There just wouldn't be anyway a user's gum tissue could tolerate the concentration of peroxide that would be needed to produce single-treatment results using a whitening strip method.If your goal is same-day results you should ask your dentist about having professional/in-office whitening treatments. However after comparing costs, you'll probably consider at-home treatment a bargain.Staff DentistComment –Lesson learned.Don't take a WhiteStrip off its plastic sheet until the moment when you're ready to apply it. I've wasted more than one set by letting them get tangled up.TessComment –Which is top?Which strip for uppers? And is the smaller one for the bottom?MagpieReply –In this picture, the longer strip is for the front upper teeth, the smaller one is for the front bottom teeth.Staff DentistComment –Line across top two front teeth.1/2 of my upper front teeth are lighter on bottom and darker on top. It's like a middle line where shades are noticeably different . Not sure what I did wrong except I brushed first and not after. I have never used these before . What happened and how can I get the my top teeth to look one color ? I am freaking out a bit .TReynoldsReply –There can be a few variables involved, so you'd be best served by calling the help number on your product so they can collect all pertinent information and advise you accordingly.It's not uncommon that teeth initially lighten unevenly due to the make up of the tooth internally. The biting-edge 1/2 of a front tooth may respond to whitening treatments more quickly because this aspect of the tooth is often almost entirely enamel.The composition of the 1/2 of a tooth toward the gum line is one where an enamel layer covers over a darker center of dentin. This portion of the tooth may take longer to respond to the whitening treatments.A common scenario is one where the biting-edge side of the tooth reaches a point where it lightens no further. Then due to continued treatments the gum-line portion tends to catch up in color.Due to this anatomical difference, natural teeth frequently have some shade variation in these two regions. Bleaching treatments may or may not be able to overcome this and make a tooth entirely uniform in color.Staff DentistComment –Brush before or after?I'm confused about brushing before or after using the stripsBJHComment –More than twice a year.Can a kit be used as often as needed, more than twice a year, until the stain is removed, if there are no side effects?SALComment –Dry your teeth first.Many people complaining that they don't stick. Likely due to saliva on your teeth. Try drying them with tissue paper well first.CJ

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