

Matt Nejad, DDS quoted in "What your dentist really thinks about at-home whitening kits"

Who doesn't want a smile full of pearly whites? But lately, your morning coffee (and evening wine) habit has left those chompers looking kind of dull. Could an at-home whitening kit restore their sparkle? "DIY whitening kits are generally useless," says Beverly Hills, California, dentist **Dr. Matt Nejad.** "The only one I would use is Crest Whitestrips, but even that has limitations, such as difficulty whitening between the teeth, which can result in dark stains remaining in that area." Not only that, but going the DIY route could also do some serious damage. "Bleaching your teeth with over-the-counter products can lead to thinning enamel, gum irritation and recession, and sensitive teeth." For a mouth full of pearly whites, make an appointment with your dentist instead.



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