

## Countdown to Prom: *Smile Like You Mean It!*

by *Beauty Intern* April 14, 2011



Photo by Regan Cameron

A picture-perfect smile is always a girl's best accessory, so when it comes to camera-time this prom season, your pearly whites had better be in mint condition! We asked Dr. Timothy Chase, a practicing dentist in New York City, for his top tips on getting a healthy (and extra white) smile. Of course, Dr. Chase was obliged to go the route of all dentists by initially ordering us to "floss at least once a day, drink less soda and coffee, use a non-alcohol mouthwash..." etc, but he caught our attention with these two fascinating suggestions. Check them out and let us know what you think in the comments section!

- For a quick at-home "power bleach" treatment, use a traditional at-home teeth whitening gel, but change the solution every 10 minutes instead of leaving it on for the full half hour. The gel's whitening ability actually gets weaker over time, so switching the solution ensures that the gel is fresh and strong the entire time. It leads to better, quicker results.

- Instead of using toothpaste with a whitening product in it, opt for a regular toothpaste. Whitening toothpastes remove surface stains by using more abrasive particles that can harm your teeth and gums. They don't even actually bleach the teeth!