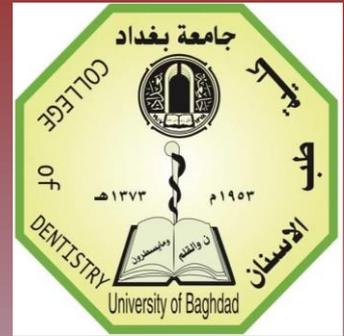




GLOBAL  
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# The effect of the inner peel of orange on teeth whitening

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# To achieve a beautiful white smile and maintain the brightness

**\*\*بابتسامتك تكسب حب من حولك، تتجاوز كل الصعاب ،  
وتحقق كل آمالك**

**\*\*الابتسامة هي اللغة التي لا تحتاج إلى ترجمة.**

**\*\*الابتسامة أمرها عجيب للغاية، إن رسمتها لحبيبٍ شعر  
بالراحة، وإن رسمتها لعدوٍ شعر بالندم، وإن رسمتها لمن  
لا تعرف أصبحت صدقة لك**

# staining of teeth



- Tooth discoloration is when the color of your teeth changes. They might appear yellowed or less bright, or they may develop white or dark flecks. Causes include tobacco use, dental trauma, poor oral hygiene and certain foods, drinks and medications.

- **The American Dental Association (ADA) defines teeth whitening as “any process that will make the teeth whiter**

- **there are ultimately several ways to whiten teeth, and the most suitable option will depend on your timeline, budget, and priorities, as well as the nature of the discoloration.**



# What is the best method to whiten teeth?

- bleaching provides the quickest way to whiten teeth, the whitening product is applied directly to the teeth. These products can be used in combination with heat, a special light, or a laser. Results are seen in only one, 30- to 60-minute treatment

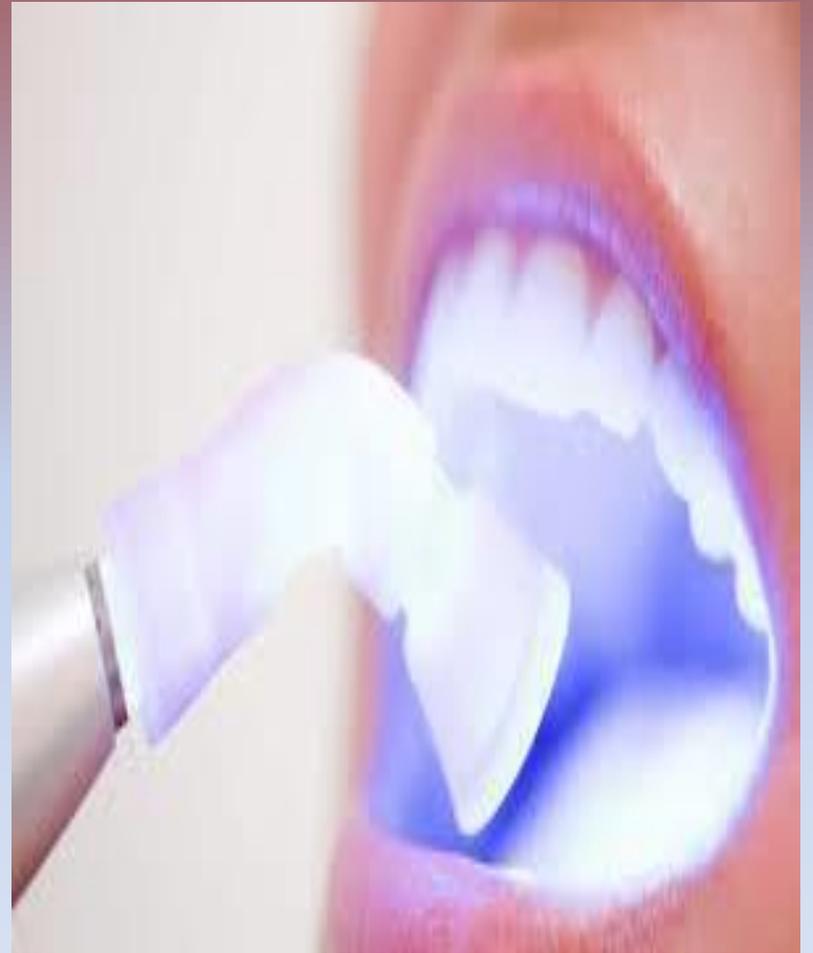
The main component of bleaching products is peroxide, which can remove deep stains on the surface of your teeth. Whitening gels used by dentists have buffers that protect the teeth's enamel from damage.

- Tooth bleaching is the method to make dark teeth to become more white. The tooth color alternation causes from 2 major reasons:
- **1) the outer tooth causes such as growing age, food and beverage stains, tea, coffee and cigarette stains.**
- **2) the inner tooth causes such as the accumulation of pigment in the inner tooth while originating our tooth. Therefore, tooth bleaching is an option to solve dark tooth problems to become more white and more glossy. Tooth bleaching has many ways to do depend on the causes of color alternations.**

# Laser Whitening

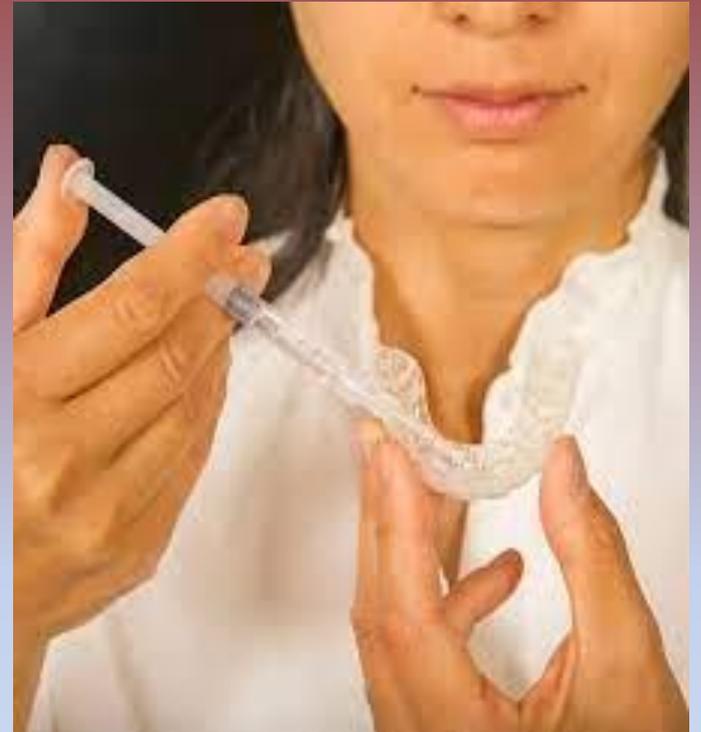
This is one of the popular teeth whitening methods that some people believe is the most effective way to get a brighter smile. Using lasers and peroxide-based whitening agents in a professional setting, this teeth whitening method provides dramatic, lasting results. While the whitening results are great, you should also consider the cost

After the treatment, avoid certain food and drinks for a few days as the pores of enamel are more susceptible to absorbing stains (lipstick, coffee, soda, etc.) and sensitive to cold food items



# Teeth Whitening Trays

You can get teeth whitening trays from your dentist or over the counter. You can achieve significant whitening using these whitening trays, which are filled with peroxide-based whitening gel that forms to your teeth



# Teeth Whitening Toothpastes and Rinses

- Another one of the many affordable teeth whitening methods is swapping out your regular toothpaste and mouthwash for whitening products. This simple approach can help remove surface stains and can also help prevent the build-up of future stains

**BRUSH YOUR TEETH  
+  
RINSE YOUR MOUTH**

Solve various oral problems



**TOOTHPASTE**



**MOUTHWASH**

One bottle for  
multiple uses



# The-Counter Whitening Strips

- One of the most common teeth whitening methods is the use of teeth whitening strips. These cost-effective, peroxide-based strips easily adhere to your teeth and provide varied levels of whitening, depending on what your whitening needs may be



# How does natural teeth whitening work?

- Natural teeth-whitening methods forgo the chemical bleaching solutions that in-office, take-home and over-the-counter whitening products rely on. Instead, users of natural teeth whitening methods to either employ the acids in fruits or use scrubbing agents such as charcoal or baking soda to polish teeth.

# Natural ways to whiten teeth

- **1. Making dietary changes**

Eliminating foods that mark the teeth can prevent further staining. Foods and beverages that contain tannins, such as wine and tea, can stain the teeth. Coffee, dark sodas, and juices can also stain them.

Acidic foods can make the teeth look yellow by wearing down the enamel. People who are concerned about the color of their teeth should avoid the excessive consumption of citrus, coffee, and soda. Alternatively, they should always brush their teeth after having them.

## 2. Trying oil pulling

Oil pulling is the term for washing the mouth with oil to remove dirt, bacteria, and debris. It is not a substitute for regular brushing or flossing, but some research suggests that washing the mouth with certain oils may help to whiten the teeth . coconut oil, sunflower oil sesame oil

- **3. Brushing with baking soda**

Baking soda can gently polish away stains on the surface of the teeth. Some people worry that baking soda is too harsh and may grind away enamel.

Baking soda may also help to fight bacteria, which suggests that it may be able to reduce plaque and prevent tooth decay.

- **4. Using charcoal**

Brushing with black charcoal can seem a bit frightening. But activated charcoal absorbs stains from the enamel. It works very well (sometimes too well) and can cause damage to the enamel or root surfaces by abrading them while brushing. It is recommended to only brush with activated charcoal once a week to reduce the risk doing more harm than good. You will notice a brighter whiter smile after using activated charcoal.

- **5. Turmeric**

Turmeric is another natural remedy that has been around for thousands of years. It is anti-inflammatory and antimicrobial. Even though turmeric is known for its bright yellow color, the compound curcumin is known for its whitening properties. Simply mix 1/2 teaspoon of turmeric with 1/4 teaspoon of melted coconut oil and use it as a toothpaste. For better results leave the mixture on your teeth for 5 minutes and then brush off with water.

- **6.Using hydrogen peroxide**

- Hydrogen peroxide is a mild bleach . For optimal whitening, a person can try brushing with a mix of baking soda and hydrogen peroxide for 1–2 minutes twice a day for a week. They should only do this occasionally.
- Hydrogen peroxide may increase tooth sensitivity, so it is not suitable for long-term use or for people who already have sensitive teeth.



- **7. Whitening with fruit**

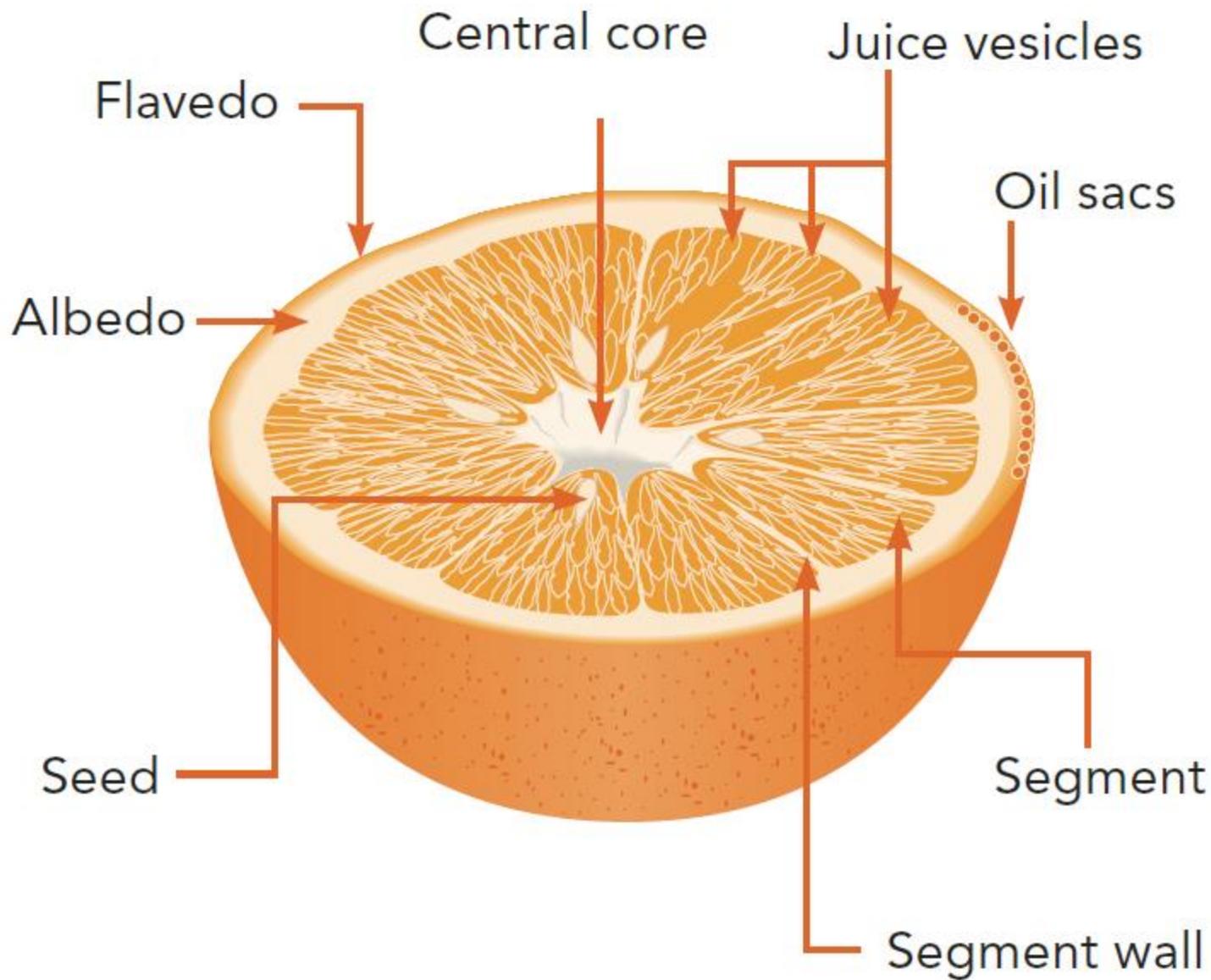
Papain and bromelain, which are enzymes that occur in papayas and pineapples respectively, may both help to whiten teeth.

Tooth bleaching gels containing bromelain or papain have substantial clinical potential to whiten teeth.

However, more research is necessary to determine whether or not these enzymes are effective. The ADA does not recommend rubbing your teeth directly with pieces of fruit, as the acid in the fruit can actually make the color of teeth worse.

# Orange as whitening

- oranges, comprise d-limonene, which is a natural scent and solvent. The ingredient is used in several manufactured dental products like tubes of toothpaste and tooth whiteners. Official studies have found that d-limonene, indeed, whitens teeth by removing extrinsic stains. In addition, smoking stains are majorly reduced by the d-limonene, and it also helps prevent further smoking-related discoloration of the teeth.



# What are the components of an orange peel?

- The literature indicates that the orange peel contains 23% sugar, 22% cellulose, 25% pectin .The white inner portion of an Orange peel, called as the Albedo, contains several compounds such as limonene, glucose, and soluble fiber pectin with potential stain removing abilities. In fact Limonene is commercially used in a variety of cleaning products and toothpastes. Unlike the fruit itself, the peel does not contain citric acid, and hence the potential risk of enamel decalcification is negated

- The citric acid in orange juice, like lemon juice, has enamel-eroding properties. Therefore, it is advisable to be very careful while rubbing or applying orange peels directly to the teeth



# The whitening properties of orange peel

The effectiveness of orange peels is very erratic. It may work for some and not

work for the rest. Even if the product does work for you, it takes a tedious amount of time for results to be visible, and the consequent change in teeth color will be faint and minimal. Nonetheless, orange peel is a milder at-home teeth whitening product compared to others like lemon juice which is notorious for its enamel-eroding potential





- Most people avoid the pith, spongy white part between the peel and the fruit -- because it tastes bitter. But the pith is full of calcium, fiber, vitamin C, and immune-boosting flavonoids. Orange oil is made from the peel which contains the compound d-limonene.. Simply place 2 drops of orange oil onto your dry toothbrush and brush for 2 minutes

- If you have decided to include orange peels in your dental regimen, it is imperative to exercise caution.

1-The citric acid in orange juice, like lemon juice, has enamel-eroding properties. Therefore, it is advisable to be very careful while rubbing or applying orange peels directly to the teeth.

2- Despite its relative mildness, regular orange peels can wear down the enamel and reduce enamel surface firmness.

the appropriate way of including orange peel is to supplement the application process by washing the teeth in a mixture of half hydrogen peroxide and half water. The rinse helps in tackling the crudeness of the orange peel.

# How to prevent tooth stains

- Maintaining excellent oral hygiene is the most important thing that a person can do to prevent and reduce tooth yellowing.
- Regular brushing and flossing can protect the enamel, prevent gum decay, and help remove stains.
- **Good oral hygiene includes:**
- Brushing the teeth at least twice a day. A person should be sure to also clean around the gums and the backs of the teeth.
- Using fluoride toothpaste. Fluoride can fight and even reverse tooth decay.
- Flossing to remove plaque between the teeth.

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- <https://www.youtube.com/watch?v=6VxphLA7LD8>

Thank you