



Make fluoride your friend. Don't count on a whitening toothpaste alone to safeguard your smile; it doesn't have a high enough concentration of peroxide or stay in contact with teeth long enough, according to Debra Glassman, D.D.S., a cosmetic dentist in New York City. Abrasive ingredients like silica or baking soda in whitening pastes gently polish away surface stains caused by foods, but a whitening toothpaste that also contains fluoride is your best bet; it helps strengthen the tooth's enamel, which is more porous after bleaching. This will also soothe sensitivity and prevent stains and plaque from ruining your smile, Dr. Glassman says.