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## How Celebrities Get Spotlight-Worthy White Teeth

Posted Friday, August 23, 2013 by Anna K. Fryxell, Social Media Associate

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Credit: PR Photos

When your face is your moneymaker, sparkly white teeth are absolutely essential. As much as we've been led to believe that celebrities are just born with naturally gorgeous smiles, the truth is that the majority of them have had a little help. Since we all want a spotlight-worthy smile, we went to the dentists that work directly with celebrities to find out how to do it.

When a celebrity client like Kim Kardashian([hottopic/blogpost/7226-inside-kim-kardashians-blood-facial/](/hottopic/blogpost/7226-inside-kim-kardashians-blood-facial/)), Emma Stone or Britney Spears([hottopic/blogpost/6761-makeover-monday-britney-spears-looks-better-than-ever/](/hottopic/blogpost/6761-makeover-monday-britney-spears-looks-better-than-ever/)) stops by the office of Beverly Hills cosmetic dentist Kevin Sands, DDS, he typically does a one-hour in-office teeth whitening treatment([treatments/teeth-whitening/606-what-is-teeth-whitening/](/treatments/teeth-whitening/606-what-is-teeth-whitening/)) using Zoom([treatments/teeth-whitening/400-zoom/](/treatments/teeth-whitening/400-zoom/)). The latest version can get the teeth up to 10 shades lighter *and* with little-to-no sensitivity([blog/dailybeauty/7280-four-tips-to-tame-teeth-sensitivity/](/blog/dailybeauty/7280-four-tips-to-tame-teeth-sensitivity/)). Typically, a celebrity patient will stop by for an in-office whitening treatment about twice a year, according to Dr. Sands.

For use in between treatments, Dr. Sands sends his clients home with a touch-up kit that includes custom at-home trays([treatments/teeth-whitening/399-trays/](/treatments/teeth-whitening/399-trays/)) and the whitening product. To maintain results, it's recommended that the client use the touch-up kit for a couple of hours for two to three days every couple of months.



But if you want the results of the whitening treatment to really last, maintenance is key. "Clients should steer clear of their tooth-staining([hottopic/blogpost/4775-the-culprits-behind-stained-teeth/](/hottopic/blogpost/4775-the-culprits-behind-stained-teeth/)) habits, such as eating and drinking darkly colored food and beverages or smoking([blog/dailybeauty/5179-dont-let-smoking-stop-you-from-smiling/](/blog/dailybeauty/5179-dont-let-smoking-stop-you-from-smiling/)), which will cause the whitening results to regress," says New York cosmetic dentist and Supersmile creator Irwin Smigel, DDS([treatments/doctor/smigel/](/treatments/doctor/smigel/)). You should especially stay away from soy sauce, red wine, coffee and tea since they'll stain your teeth the most.

Practicing good oral hygiene([hottopic/blogpost/6720-national-dental-hygiene-month-take-care-of-your-smile/](/hottopic/blogpost/6720-national-dental-hygiene-month-take-care-of-your-smile/)) is also crucial. That includes brushing, flossing and rinsing with mouthwash at least twice a day in addition to regular cleanings. "Keeping debris and plaque off of your teeth will make your teeth stay whiter longer," says Dr. Sands, who recommends brushing with **Crest Tartar Protection Whitening Toothpaste**([http://www.pgstore.com/health/oral-care/toothpaste/crest-complete-whitening-plus-scope-minty-fresh-toothpaste-4.4-oz/037000385837,default,pd.html?srccode=cii\\_19483251&cpncode=34-18172248](http://www.pgstore.com/health/oral-care/toothpaste/crest-complete-whitening-plus-scope-minty-fresh-toothpaste-4.4-oz/037000385837,default,pd.html?srccode=cii_19483251&cpncode=34-18172248)) (\$2.75).

Another great toothpaste recommended by Dr. Smigel that has a celebrity following is **Supersmile Professional Whitening Toothpaste**([http://www.spalook.com/p-3134-Supersmile-Original-Mint-Whitening-Toothpaste.aspx?affiliatecode=ppc\\_ggi\\_pf\\_SR001&s\\_kwcid=PTC!pla!!!19936799328!g!!29155559088&gclid=CLvHr8eGkrkCFUPI7AodJA0A9g](http://www.spalook.com/p-3134-Supersmile-Original-Mint-Whitening-Toothpaste.aspx?affiliatecode=ppc_ggi_pf_SR001&s_kwcid=PTC!pla!!!19936799328!g!!29155559088&gclid=CLvHr8eGkrkCFUPI7AodJA0A9g)) (\$21). "The formula gently and non-abrasively removes superficial stains from teeth and prevents new stains from forming on to teeth, which makes for longer lasting whitening results," says Dr. Smigel.

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