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**TEETH WHITENING: MYTHS AND REALITY**  
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**Topicality.** Dental bleaching, also known as tooth whitening, is a common procedure in general dentistry. According to the FDA, whitening restores natural tooth color and bleaching whitens beyond the natural color. There are many methods available, such as brushing, bleaching strips, bleaching pen, bleaching gel and laser bleaching. Tooth whitening has become the most requested procedure in cosmetic dentistry today. But actually no one knows about the impact this has on the teeth. So, the relevance of the work is to inform people about the real consequences of whitening.

**Aim:** to study the impact of home remedy and professional whitening on dental health and figure out if people are aware of it.

**Tasks:**

- 1 To study the literature on home remedy and professional whitening.
- 2 To interview the experienced specialists to find out their professional opinion on this question.
- 3 To conduct a survey among the youth.

**Material and methods.** We used native and foreign literature as a source of information. The research involved 50 students of the dental faculty and 50 students of other faculties of BSMU, who agreed to undergo questioning. We were also consulted by associate professors of the general dentistry department of Belarusian State Medical University.

**Results and discussion.** We have discovered many various ways of home remedy whitening and noticed that plenty of dental clinics offer professional whitening. According to the literature we have used all these manipulations do irreparable harm to enamel of the teeth. However, the majority of people we have questioned are not aware of the negative effect caused by teeth whitening. The interviewed professionals have confirmed the harmful impact of whitening and suggested alternative ways of achieving the effect of whitening without destroying the enamel. We have also made a list of products we recommend to consume in order to keep the teeth white.

**Conclusions:**

- 1 Home remedy and professional whitening violate the integrity of the enamel.
- 2 There are a few alternative natural and professional ways of keeping your teeth white and healthy.
- 3 There is a need to make people aware of problems connected with whitening.