



Post-Op Instructions After In-Office Whitening

Sensitivity and soreness following whitening is very common. Your teeth may be especially sensitive to cold air and drinks and if any of the whitening agent gets on your gums, it may cause them to be tender. Sensitivity and soreness will gradually subside after a couple of days. If you are more prone to sensitivity, you may choose to use anti-sensitivity toothpaste such as Sensodyne before, during, and after whitening. If sensitivity is intolerable, you can take over-the-counter ibuprofen 200mg, 2 tablets every 4-6 hours.

AVOID any darkly or reddish colored foods and beverages (red sauces, coffee, red wine, tea and smoking for 2 (two) hours following whitening (ideally up to one week). This is when your teeth are most susceptible to absorbing new stain. Do not brush your teeth for about 6 hours following whitening. To maintain your shade for as long as possible, avoid colorants (dark foods and drinks, tobacco), use a whitening toothpaste, and have regular cleanings. You may need to use home whitening trays a few times a month to maintain your shade.

Tooth colored fillings will not whiten. If the filling matches your current color, bleaching will result in mismatched shades with your natural teeth. You may need to have your old fillings replaced to match your newly whitened teeth.

The best way to maintain your white teeth after in-office whitening will be to utilize a take home teeth whitening kit and proper, routine home care maintenance which includes regular brushing and flossing.