

Tooth Whitening Post Treatment Care

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

Coffee and/or tea	Cola	Berry pie
Tobacco products	Red wine	Red sauces
Mustard	Ketchup	Soy sauce

If it stains your clothes, it will eventually stain your teeth!

Additional ways to maintain your sparkling smile:

- Avoid staining related habits
- Use an automated toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after whitening. This sensitivity can last longer than 24 hours, but it will improve each day and will go away very soon.

Fluoride gels or rinses will help as well as any type of over-the-counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.

Please call the office with your questions.