

## Tooth Whitening Post Operative Instructions

The first 72 hours are crucial to maximize the whitening results from your bleaching procedure. Some patients experience sensitivity after bleaching. This sensitivity normally lasts 48 – 72 hours however it is not unusual for it to linger for a week or two. We recommend over the counter pain medications such as Ibuprofen or Acetaminophen (Advil or Tylenol) to counteract any discomfort you may be having. Sensodyne toothpaste is recommended for brushing should you experience sensitivity. Avoid acidic fruit juices like orange juice until the sensitivity has dissipated.

DO NOT CONSUME dark or yellow staining substances such as:

- Coffee
- Tea
- Mustard
- Ketchup
- Red wine
- Dark colored soft drinks
- Berries
- Red sauces
- Soy sauces
- Tobacco products

If your regular home care contains Chlorhexidine rinse, please wait 48 hours before continuing. Please continue good oral hygiene after your whitening process, this will greatly help you maintain the new color. Whitened teeth will always be lighter than they were prior to the treatment. How long your results will last is variable and greatly depends on your habits. Please call our office if you have any further questions.

### Instructions for take home trays

1. Brush and floss teeth at least 1 HOUR prior to whitening.
2. Place a small drop of whitening gel into every compartment of the tray for all the teeth undergoing treatment.
3. Place the tray into your mouth, over your teeth.
4. Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Wipe away this excess gel with a tissue or dry soft brush.
5. Wear the trays for 30 minutes, once a day, unless otherwise instructed by our team.
6. After treatment, remove the tray. Rinse tray and mouth with lukewarm water.
7. Brush teeth.
8. Repeat steps 1-8 daily until satisfied with your tooth color.