

Post-Operative Instructions After Whitening

The first 48 hours after whitening treatment 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 & Tea
- Tobacco Products (do not smoke for 48 hours!)
- Mustard, Ketchup, Soy Sauce
- Soft Drinks
- Red Wine
- Berries
- Red Sauces
- Lipstick

Additional ways to maintain your sparkling white smile include:

- Use an automatic toothbrush (we suggest Sonicare)
- See your dentist for regular cleanings to keep staining to a minimum and determine the need for whitening touch-ups
- Practice good oral hygiene including thorough toothbrushing and flossing to remove debris from between the teeth

Mild sensitivity to hot or cold liquids may occur. This is normal and usually passes within a couple of days. Using sensitive toothpaste can help negate this side-effect. If you do experience sensitivity, you may take whatever you would normally use for a headache, such as Ibuprofen. If sensitivity persists, please call our office for additional instructions.