



DRIPPING SPRINGS
FAMILY DENTISTRY

512-858-9250

Whitening Post-op Instructions

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:

- Red wine, Cola, Coffee and tea
- Berries such as cherries, blueberries, strawberries
- Tobacco products
- Red sauces, Mustard or ketchup, Soy sauce

After the whitening treatment, it is natural for the teeth that underwent treatment to regress somewhat in their shading after treatment. This is natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents.

Treatment usually involves wearing a take-home tray or repeating the whitening treatment.

- Avoid staining related habits
- Use a Sonicare toothbrush

Regular professional dental hygiene care to maintain oral health, keep staining to a minimum.

Use whitening trays for touch-ups as recommended by the dentist.

Practice good oral hygiene by tooth brushing, flossing, and tongue cleaning.

During the first 24 hours after whitening treatment, some patients can experience some tooth sensitivity or pain. Normally, tooth sensitivity, recession, exposed dentin exposed root surfaces, recently cracked teeth, abfractions (micro-cracks), open cavities, leaking fillings or other dental conditions that cause sensitivity or allow penetration of the gel into the tooth may find that those conditions increase or prolong tooth sensitivity or pain after whitening treatment.

If your teeth are sensitive after whitening, a mild analgesic such as Tylenol or Advil will usually be effective in making you more comfortable until your tooth sensitivity returns to normal.

Please contact our office if you have any questions or concerns

Rob Smith and Team