

IN-OFFICE WHITENING POST-OP CARE

**Congratulations!** You’ve just experienced our in-office professional whitening system.

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

Sensitivity/”Zing” Sensation

During the first 24 hours after whitening treatment, some patients can experience some tooth sensitivity or pain. This is normal and is usually mild, but it can be worse in susceptible individuals. Normally, tooth sensitivity or pain following a treatment subsides within 24 hours, but in rare cases can persist for longer periods of time in susceptible individuals. People with existing 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.

Whitening may cause inflammation of your gums, lips or cheek margins. This is due to inadvertent exposure of a small area of those tissues to the whitening gel or the ultraviolet light. The inflammation is usually temporary which will subside in a few days but may persist longer and may result in significant pain or discomfort, depending on the degree to which the soft tissues were exposed to the gel.

Please call our office with any additional questions or concerns.