

TEETH WHITENING POST-OPERATIVE INSTRUCTIONS

Whitening/ Tooth Bleaching

It is common for teeth to be sensitive for a few days following teeth whitening procedures. Occasionally the sensitivity will last longer. Patients may describe this sensitivity as a momentary tingling or stinging sensation.

This is a common post operative symptom that usually resolves within a few days. You may take 3-4 anti-inflammatory, pain relieving tablets like Advil or Motrin 200mg as directed for the rest of the day of your appointment. You may take 3-4 tablets before sleeping if necessary. ***if you are allergic to Motrin/Advil or have a stomach ulcer, substitute with Tylenol. The sensitivity should have largely subsided by the next day. If you encounter severe sensitivity or sensitivity that persists for more than a week, contact our office.

Use a Fluoride mouthwash like Act or Fluorigard and Sensodyne toothpaste, several times a day for the week following the bleaching. Avoid tobacco, coffee, tea and dark colored sodas and staining types of foods. If you must indulge, rinse with water immediately afterwards to minimize the staining effects.

A general rule to follow is that if it will stain your clothes, it will stain/discolor your teeth. Keep that in mind to get the best result and to maintain your whitest smile.