

IN-OFFICE WHITENING INSTRUCTIONS

Post-procedural instructions after in-office whitening

Dear Patient,

Congratulations! You have just had your teeth whitened with a high efficiency professional whitening system! We are delighted that we have been able to assist you in creating a brighter smiles. The following are a few tips that may be useful to you.

1. Do not eat or drink for one hour following the procedure.
2. Occasionally, there maybe tissue blanching. If this occurs, place a wet gauze on the area for a few minutes. In most cases blanching disappears within 24 hours.
3. As is the case with all professional whitening treatments, it is common for teeth to darken or whiten very slightly shortly after the procedure. Results will vary depending on the porosity of your enamel and exposure of your teeth to stain causing agents such as those found in certain foods, liquids and tobacco.
4. It takes approximately 2 weeks following the procedure for complete color stabilization. During this period it is recommended that you avoid or minimize smoking and consumption of chromagenic foods or liquids such as tea, coffee, red wine, berries and cola. If you find it hard to stay away from these, try using a straw, take extra care when sipping hot liquids.
5. If your teeth appear to have previously unnoticed white patches immediately after the procedure, this is due to varying calcium density levels within your enamel. Rest assured that this is normal and that the patchy areas will fade as your teeth re-hydrate. This takes about 2 days.
6. Teeth may darken with age regardless of whether they have been whitened or not. This will vary from one individual to the other. In the years to come you may want to touch them up. Talk to us about your best options. Over the counter whitening toothpastes will also be helpful in maintaining your whitening result.
7. Occasionally patients get little white spots on their gums after the procedure. This should fade shortly after the procedure. If sensitivity persists, you may apply a little vitamin E oil to the affected area.