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Patient Directions after Whitening Procedure

Congratulations on your whiter, brighter smile! We are sure you will want to do everything you can to protect it. Here are some helpful hints.

1. For the first 48 hours your teeth will be especially vulnerable to staining. It takes 12 to 24 hours for the barrier to fully develop again. For this reason, you should **avoid tobacco and any food or beverage that would stain a white shirt.**

This would include:

- Red wine
- soy sauce
- Red meat
- coffee, tea and sodas
- Dark vegetables
- Berries or other dark fruits and fruit sauces
- Tomatoes and tomato sauces/juice

2. It is normal to experience minor tooth sensitivity for 1-3 days after the procedure. To minimize this, you may want to avoid excessively hot or cold foods and beverages. With the approval of your doctor, you may want to take a mild analgesic. If you experience severe or prolonged sensitivity, you should contact our office.

3. All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, you may want to touch up your teeth with at-home whitening products from time to time. We can help you determine what, if any, maintenance program you should follow.

4. Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile.

Enjoy your new smile and give us a call if you have any questions!