



Self Care: In-Office Whitening

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:

- *Coffee and/or tea
- *Cola
- *Berry pie
- *Tobacco products
- *Red wine
- *Red sauces
- *Mustard or ketchup
- *Soy sauce

If it stains your clothes, it will eventually stain your teeth!

Additional ways to maintain your sparkling smile:

- Avoid staining related habits
- Use an automated toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

Sensitivity

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after whitening. You are also welcome to take any type of over-the-counter pain relievers such as Advil, Motrin or Extra-strength Tylenol. ACT Fluoride mouthwash is recommended nightly, you can get this at the drugstore.

At Home Trays

You will also be asked to utilize a bleaching solution to be put in the trays and worn for a minimum of one hour—preferably overnight, if possible. As you know, your teeth are very porous for the first 48 hours after in-office bleaching and that is why we ask you to refrain from staining-type foods. It is also ideal for us to “top off” your bleaching sessions with some take home products; which you were given today upon completion of your bleaching appointment.

In summary, the following three things are important:

- Avoid staining-type foods for the next 48 hours*
- If you have sensitivity in the first 24 hours, utilize the Satin Finish fluoride gel in the trays to cover your teeth and help protect them from sensitivity. Also, over-the-counter pain relievers may be necessary.*
- If your teeth are not too sensitive, try bleaching a few more times with the take home product during the first three to five days after your office visit to maximize your results and attain the whitest shade possible.*

If you have any questions, please feel free to call us 303 975 6987