

WHITENING HOME CARE GUIDELINES

Congratulations on completing your teeth whitening session, we hope you enjoy your new whiter, brighter smile!

What to Expect:

During the first 24 hours following whitening, some patients may experience transient sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive, it will usually subside in 1-2 days. With home whitening it may be necessary for you to reduce the number of hours you are wearing the whitening trays or stop using it for a short time to help resolve the sensitivity.

Gum Irritation:

Gum irritation may occur if a small amount of solution leaked under the dental dam due to patient movement after placement of the dam. A burning sensation on your gums may also occur. This will resolve by itself within a couple of days.

With home whitening, irritation can result from using too much whitening gel. Always gently remove any excess gel (i.e. with your finger, toothbrush, etc.)

Completion of Treatment:

There is no way to totally predict how light your teeth will become, everyone has different results. With the in-office whitening treatment, one session usually significantly whitens your teeth. The home whitening products may take 2 to 4 weeks (or longer) to reach the shade you like.

Certain foods, drinks and smoking can re-stain your newly whitened teeth. To help prevent this relapse, use daily over-the-counter toothpaste and use your home whitening gel and trays periodically. You can also have a short session of in-office power whitening every 6 months or so as a touch up or booster treatment.