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Post-Op Instructions for In-Office Teeth Whitening



After in-office whitening treatment, it is important to follow these care instructions to minimize discomfort and ensure your smile stays bright.



It's normal to experience some mild tingling or sensitivity, so your doctor may provide you with a desensitizing gel to bring home.



You can also use over-the-counter anti-inflammatory medication or anti-sensitivity toothpaste to ease any discomfort.



Your doctor will also provide clear trays for touch-up at-home treatments. Be sure to follow your doctor's instructions on how to use these.



For the first 48 hours following treatment, your teeth will be more susceptible to re-staining.



Avoid smoking and common teeth-staining foods such as red meat and berries.



And use a straw if drinking coffee, wine, or colas to avoid the liquid from coming into contact with your teeth.



To get the full benefit of in-office whitening treatment, maintain regular brushing and flossing habits, and keep up with your hygiene appointments.



Contact your doctor's office for assistance if you experience unusual discomfort, pain, or sensitivity outside the norm.

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