

Post-Operative Instructions

Tooth Whitening

Congratulations on completing your whitening treatment! The first 48 hours are crucial to maximizing your results. Please follow these instructions carefully to protect your new smile and manage any sensitivity.

Managing Sensitivity

- Some tooth sensitivity after whitening is completely normal and typically resolves within 48–72 hours.
- Over-the-counter pain relievers such as **ibuprofen (Advil/Motrin)** or **acetaminophen (Tylenol)** can help manage any discomfort.
- Use **Sensodyne toothpaste** for brushing if you experience sensitivity — it is specifically formulated to reduce nerve sensitivity.
- Chewing sugar-free gum can help reduce peroxide levels in the mouth and alleviate sensitivity.
- Avoid very hot or very cold foods and beverages until sensitivity has resolved.
- Avoid acidic fruit juices (such as orange juice) until the sensitivity has fully dissipated.

The White Diet — First 48 Hours

During the first 48 hours, your enamel pores are more open and susceptible to staining. Avoid the following:

Beverages	Foods	Other
Coffee & tea Red wine Dark-colored sodas Sports & energy drinks	Berries & dark fruits Red & tomato sauces Soy sauce Mustard & ketchup Curries & dark spices	Tobacco products Colored lip products Chlorhexidine rinse*

* If you use a Chlorhexidine (Peridex) rinse as part of your regular home care, please wait 48 hours before resuming use.

Good Foods During the First 48 Hours

Stick to white or light-colored foods: chicken, fish, rice, pasta (with light sauce), white bread, bananas, apples, milk, white yogurt, and water.

Maintaining Your Results

- Continue excellent oral hygiene — brushing twice daily and flossing once daily will greatly help maintain your new shade.
- Whitened teeth will always remain lighter than they were before treatment; results vary based on diet, habits, and oral hygiene.
- If you notice your teeth beginning to darken over time, a touch-up treatment with custom take-home trays is a great option. Ask us about fabricating a set for you.
- Using a whitening toothpaste for maintenance (once daily) can help extend your results.
- Avoid tobacco products — smoking and chewing tobacco are leading causes of tooth discoloration.

Questions or Concerns? Call Us Anytime.

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If sensitivity is severe or does not resolve within one week, please give us a call.