

WHITENING AFTERCARE

INFORMATION

INFORMATION SUPPLIED BY:



ANY PROBLEMS...

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WHITENING

- The first 48 hours following your teeth whitening treatment are quite critical. The tooth whitening process opens the pores in the tooth and as such leaves them temporarily susceptible to staining in the short term. In this time – up to 48 hours – avoid any foods and drinks that will stain – tea, coffee, red wine, or any dark liquids or foods. Try to stick to a white and clear diet.
- Although rare, some people can experience some sensitivity in the teeth during the first 24- 48 hours after the whitening treatment. If you do experience this sensitivity, use Sensodyne™ toothpaste to ease the discomfort.
- After the treatment, it is natural for teeth colour to regress somewhat over time. This is normal and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents, such as coffee, tea, tobacco, red wine, colas, citrus drinks and fruits, etc.
- You can resume your normal habits 24 hours after treatment. Also, be aware that drinks and food are not the only things that can stain our teeth when the pores are open; lipstick, for example, can stain too. Do NOT apply lipstick soon after whitening your teeth.
- Allergies: Some people are allergic to peroxide but may not be aware of it. If you had the treatment done and a few hours or a day later you have a blister on your lips, you are probably having an allergic reaction to the gel. Buy liquid vitamin E from your pharmacist and apply it to the blister until it goes away. It generally goes away within a couple of days by itself anyway. You can also take any over-the-counter antihistamine.

TEETH WHITENING RESULTS

- How long the results will last depends on 2 main factors: 1) your habits, and 2) the porosity of your teeth. If you expose your teeth to staining agents such as tobacco, coffee, red wine, tea, coca cola, etc. on a regular basis, your whitening results will not last as long.
- If you have naturally porous enamel, your teeth will be more vulnerable to staining agents and your teeth will get stained again sooner than the average person.

Unfortunately, there is no way of knowing ahead of time how porous your teeth are.