



Post-Op Instructions for In-Office Whitening

After the procedure, we recommend to take any type of over the counter pain relievers such as Advil, Motrin, Ibuprofen, or Extra Strength Tylenol. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

After in office whitening, your teeth are very porous for the first 48 hours. During this time dark staining substances should be avoided, such as:

- Coffee and/or Tea
- Cola (any dark liquid soda)
- Berries
- Tobacco Products
- Red Wine
- Red Sauces
- Mustard or Ketchup
- Soy Sauce
- Dark fruit juices

Once healing is done make sure to drink dark staining substances through a straw, and always rinse mouth with water after.

Some patients notice “blotching” or spots on teeth after removing the whitening gel. This is normal and will go away within an hour or two.

Temporary discomfort of the teeth, gums, lips, throat, tongue, and tissues is normal. These symptoms will usually subside within 13 days after treatment.

Extreme temperatures (hot & cold) and foods/juices high in citric acid can cause sensitivity.

Teeth are naturally darker at the gum line and may require additional treatments. Post-Op symptoms usually subside in a few days.

Brush and Floss your teeth thoroughly! After fluoride rinse, toothpaste or gel can help decrease sensitivities, but can also stain teeth.

Regular check ups and dental cleanings are important to maintain a healthy smile.