

POST-OPERATIVE INSTRUCTIONS

After Teeth Whitening

Getting the best, longest-lasting result

Some tooth sensitivity and gum tenderness are normal for a day or two after whitening. Your teeth are slightly more porous right now, so what you eat and drink in the first 48 hours matters most.

✓ Do

- ✓ Use a sensitivity toothpaste and a soft brush if teeth feel tender.
- ✓ Drink water and rinse your mouth after meals.
- ✓ Stick to light-colored foods (chicken, rice, pasta, yogurt).
- ✓ Use any take-home trays exactly as directed.
- ✓ Keep up your normal brushing and flossing.

✗ Avoid (first 48 hrs)

- ✗ Coffee, tea, red wine, and dark sodas.
- ✗ Berries, tomato sauce, curry, and soy sauce.
- ✗ Tobacco and colored mouthwash.
- ✗ Very hot or very cold foods while teeth are sensitive.

📞 Call us if...

Sensitivity is severe or lasts more than a few days · gums are white, sore, or blistered · you have questions about touch-up whitening.