

Dr. Donna Williams

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Tooth Whitening Post op Instructions

CONGRATULATIONS on completing the whitening process!

Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicule. This layer contains the surface dental stains and is removed during whitening treatments. It takes twelve to twenty four hours for the barrier to fully develop again. During this period, and for twenty four hours after, we ask you to avoid certain stain leaving foods and products.

It is common for teeth to be sensitive for a few days following teeth whitening procedures. Occasionally the sensitivity will last much longer. Patients may describe this sensitivity as a momentary tingling or stinging sensation. This is a common post operative symptom that usually resolves within a few days. You may take two to three anti-inflammatory, pain relieving tablets like Advil or Motrin 200mg as directed for the rest of the day of your appointment. You may take two tablets before sleeping if necessary. The sensitivity should have largely subsided by the next day, if you are allergic to Motrin/Advil or have a stomach ulcer, substitute with Tylenol. If you encounter severe sensitivity or sensitivity that persists for more than a week, contact our office to see Dr Williams for an evaluation.

Use a Fluoride mouthwash like Act (the clear one) or Fluorigard and Sensodyne toothpaste, several times a day for the week following the bleaching.

You Can Eat/ Drink

Milk, water, Clear soda, bananas, apples (no peel), white bread or flour tortillas, plain yogurts, white cheese, sour cream, cottage cheese, white rice, baked potatoes, plain pasta and white sauce, turkey and skinless breast.

You Can Not Eat/ Drink

Red wine, dark colas, coffee, tea, grapes or any fruit with color, mustard or ketchup, red sauce, red meats (steak or hamburger)

In addition: NO SMOKING and NO LIPSTICK