

Teeth Whitening Aftercare Instructions

Following Chairside Whitening:

- Teeth are more susceptible to staining for the first 48 hours following bleaching treatments. For the first 48 hours after whitening, it is best to avoid dark-colored foods or beverages that can stain your teeth. Any item that can stain your clothes can also stain your teeth.
- Avoid berries, cola or other dark sodas, red wine, coffee and tea, tobacco, and ketchup, soy or other dark sauces.
- In addition to anti-sensitivity toothpaste, be sure to brush and floss each day, and clean off your tongue. For most patients, sensitivity lasts one to three days. In the meantime, consider using ibuprofen or acetaminophen to lessen the sensation. After the 48 hours, you can resume mouthwash usage.

Optional custom trays and take home bleach:

Our dentists can also provide at-home whitening trays. These are supplemental and extend the effects of the chairside whitening, yet you need to be strategic. Otherwise, you'll increase tooth sensitivity:

- Consider using the at-home trays once every six months, especially if you're a regular coffee or wine drinker.
- One tray should last for multiple days. Add the whitening gel to the tray and leave it in your mouth for one to two hours. However, don't do more than two touch-ups during a single period.
- Follow the instructions given by our office, placing the bleaching gel in the center of each tooth position on the tray so that the gel will rest against the anterior surface of the teeth once it is placed in your mouth.
- Wear trays for the recommended time.
- Rinse the mouth, and gently remove any gel remaining on your teeth with a soft bristle toothbrush.
- Clean the trays.

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