



Whitening Home Care Instructions

You look brilliant, and so will your teeth! Here's what to expect going forward.

- Using our in-office whitening system, you will notice immediate results by the time you leave. This is because we use the strongest ingredients with the help of a powerful light. Just like when you work out extra hard and feel more sore afterwards, using strong ingredients and lights means you might have a little more sensitivity afterwards. This is normal and temporary. Using Sensodyne toothpaste can help with this. A fluoride mouthrinse can also be used for added help.
- Right after the whitening procedure, your teeth will look super bright. Awesome! However, you will notice a loss of that brightness over the next few days. This is normal. Right after the bleaching, the teeth are dehydrated, which adds to their bright appearance. Once they rehydrate naturally, some of that brightness fades. It has nothing to do with the shade of the tooth we've improved. It's just that now as light passes through the teeth, the water scatters the light changing the brightness of their look. Once the teeth rehydrate, that is what your natural, stable shade will be.
- Avoid any dark fluids, especially wine, soda, coffee, or tea, after whitening for at least two days. Think of this as a facial for your tooth. The pores and crevices of the tooth are opened up. You don't want any nasty dark fluids filling those pores before the natural water within the tooth can fill that space.
- If any of the gel spilled over to your gums by accident, you may notice the gums appear white or gray-ish in some areas. That's due to gum irritation from the bleaching agents. That tissue will slough off, but it'll be normal in no time and will not cause any permanent effects.
- If you have any dental work like crowns, veneers, or cosmetic fillings or bonding, especially any in the front regions of your mouth, we are going to wait two weeks after you finish whitening before doing any of that. This is to allow the tooth shade to stabilize (like we discussed above) before we try to match any new dental work.

Now go out and show the world your pearly whites!

