



In Office Bleaching Post-op Instructions

Some patients experience sensitivity after bleaching. This sensitivity normally lasts 48hrs. We recommend over the counter pain medications such as Ibuprofen, Advil or Tylenol to counteract any discomfort you may be having. If the sensitivity persists more than 3 days, please call our office at **(303)595-4994**.

In order to maintain your color, you will want to treat your teeth like a “white tablecloth”. Anything dark that can stain a white table cloth will stain your teeth. Try to minimize consumption of tobacco, coffee, tea, dark colas and red wine, also dark colored foods such as blue berries and pasta sauce. These substances can stain the teeth easily the first couple of weeks after lightening your teeth. If you do have some of the listed items, please try to brush immediately afterward. If this is not possible, try to drink a glass of water.

Please continue good oral hygiene after your lightening process, this will greatly help you maintain your achieved shade. Many patients have a slight color rebound within the first week after bleaching, this is normal.

Whitened teeth will always be lighter than they were prior to the treatment. How long your results will last is variable and greatly depends on your habits. If you notice that your teeth are darkening, you may want to enhance your bleaching. We can custom fabricate take-home bleaching trays for this purpose. If you are interested, we would be glad to do this for you today at a special price.