



*Leardi Family Dentistry*

FAMILY · COSMETIC · IMPLANTS · INVISALIGN®

## POST-OP INSTRUCTIONS FOR TOOTH WHITENING

Pain and sensitivity following teeth whitening is common. You may be sensitive to cold air and fluids; however the pain will fade away with 24-36 hours.

It is important not to consume any colorants in the first 24 hours following the procedure. Anything that stains such as red wine, dark colas, tea, red sauces, soy sauces and smoking should be avoided.

In general, during the first month there may be loss of one shade unit, another shade unit during the next 6 months and another shade unit during the subsequent six months. Everyone responds differently, so your rebound effect may be less or greater than the averages stated above.

### **We recommend the following regimen:**

- Careful diet control avoiding high colorants.
- Meticulous oral hygiene.
- Using a whitening toothpaste.
- Using home bleaching trays as needed.