



TEETH WHITENING – POST-OPERATIVE INSTRUCTIONS

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. Advani for an evaluation.

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

For the next 48 hours, Dark Staining substances should be AVOIDED, such as:

- Red wine, Cola, Coffee and tea
- Berries such as cherries, blueberries, strawberries
- Tobacco products
- Red sauces, Mustard or ketchup, Soy sauce

If you must indulge, rinse with water immediately afterwards to minimize the staining effects.