Best Dental
Family & Orthodontics

Post-Operative Care for In-Office Teeth Whitening

After an in-office teeth whitening procedure, your teeth may be more sensitive, and it's important to follow these guidelines to maintain results and minimize discomfort:

1. **Avoid Staining Foods and Drinks**: For at least 24-48 hours, avoid coffee, tea, red wine, dark sodas, berries, tomato-based sauces, and anything with strong pigments that can stain your teeth. Stick to white or light-colored foods.
2. **Minimize Sensitivity**: Tooth sensitivity is common after whitening. Use a desensitizing toothpaste (like one with potassium nitrate) and avoid very hot or cold foods and drinks for the first couple of days.
3. **No Smoking or Tobacco Products**: These can stain teeth quickly after whitening. Avoid smoking for at least 24-48 hours, or longer if possible.
4. **Maintain Good Oral Hygiene**: Brush gently with a soft-bristled toothbrush and fluoride toothpaste. Floss as usual but be gentle if your gums feel slightly irritated.
5. **Stay Hydrated**: Drink plenty of water to keep your mouth clean and help wash away staining agents.
6. **Avoid Acidic Foods**: Citrus fruits, vinegar-based dressings, and carbonated drinks can weaken enamel and increase sensitivity.
7. **Follow Up if Needed**: Some patients may require touch-ups or additional treatments for optimal results. If you experience prolonged sensitivity or irritation, contact your dentist.

By following these post-whitening care instructions, you can help extend the brightness of your smile and reduce any temporary discomfort.