



Teeth Whitening Post-Operative Instructions

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

What Should I Expect After Whitening?

It is normal to experience:

- **Temporary tooth sensitivity**
- **Mild “zingers” or sharp shooting sensations**
- **Gum tenderness or irritation**
- **Sensitivity to cold foods or drinks**

These symptoms are usually temporary and commonly improve within 24–72 hours.

The First 48 Hours Are VERY Important

After whitening, your teeth are more susceptible to staining.

⚠ For the first 48 hours, follow a “WHITE DIET” as much as possible.

Foods & Drinks to AVOID for 48 Hours

Avoid:

- **Coffee**
- **Tea**
- **Red wine**
- **Soda**
- **Dark juices**
- **Curry**
- **Tomato sauce**
- **Soy sauce**
- **Berries**
- **Chocolate**
- **Colored candies**

- **Tobacco products**

⚠️ If it can stain a white shirt, it can stain your teeth.

Foods & Drinks That Are OK

Recommended:

- **Water**
- **Milk**
- **Chicken**
- **White fish**
- **Rice**
- **Pasta with white sauce**
- **Potatoes**
- **Yogurt**
- **Bananas**
- **Cauliflower**
- **Eggs**

Managing Tooth Sensitivity

Sensitivity after whitening is common and temporary.

To Reduce Sensitivity:

- **Use Sensodyne® or another sensitivity toothpaste**
- **Avoid extremely cold foods or drinks**
- **Take Tylenol if needed**

⚠️ Avoid excessive whitening if sensitivity becomes severe.

Whitening Trays (If Provided)

If custom whitening trays were provided:

Important Instructions:

- **Use only the recommended amount of whitening gel**
- **Excess gel may irritate the gums**
- **Wipe away excess material if it overflows onto the gums**

Tray Care:

- **Rinse trays with cool water after use**
- **Brush gently with a toothbrush**
- **Store trays in their case**

⚠️ Never use hot water on whitening trays.

Gum Irritation

Mild gum irritation may occur if whitening gel contacts the gums.

This usually resolves within a few days.

If irritation occurs:

- **Reduce the amount of gel used**
- **Skip whitening for 1–2 days if needed**

Smoking & Whitening

Smoking or vaping shortly after whitening may quickly re-stain teeth and reduce your results.

⚠️ Avoid smoking for at least 48 hours after treatment.

Maintaining Your Whitening Results

To help maintain your brighter smile:

- **Brush and floss regularly**
- **Limit staining foods and beverages**
- **Use whitening toothpaste occasionally**
- **Schedule touch-up whitening as recommended**

Good oral hygiene and regular cleanings help maintain long-term whitening results.

When to Contact Our Office

Please call or text us if you experience:

- **Severe sensitivity lasting longer than several days**
- **Significant gum irritation**
- **Uneven whitening concerns**
- **Whitening tray problems**
- **Questions regarding your treatment**

After-Hours Assistance

📞 Call or Text: **(469) 907-5250**

We hope you enjoy your brighter, more confident smile!

