



## ESTHETIC DENTAL GROUP OF WESTPORT

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### In-office Whitening

#### Post treatment care instructions:

- During the first 24-48 hours after treatment, patients can experience some tooth sensitivity or nerve waves of discomfort called “zingers”. This is normal and is usually mild, but can be worse in susceptible individuals.
- Patients may be temperature sensitive for the first couple of weeks post treatment to hot and cold items.
- Utilizing the desensitizing agents provided by your dental professional will help to minimize sensitivity.
- Taking 3 tablets of Motrin or Advil (600 mg) every 6 hours as needed, over the next couple of days, will help to prevent inflammation and prevent discomfort. If unable to take an anti-inflammatory, Tylenol may be used.
- Avoid highly acidic foods or beverages after treatment for the first week as it can contribute to sensitivity.
- A fluoride rinse such as ACT, sensodyne toothpaste, MI paste, Reminpro paste are all helpful to minimize sensitivity after treatment..
- For 48 hours after your whitening treatment, it is best to avoid any dark-staining substances. Your teeth need a full 24 hour period to re-hydrate after your whitening treatment and they are more susceptible to stain during this time period.
- After the first 48 hours the color of the teeth may slightly darken or “rebound” from rehydrating post treatment which is quite normal
- Remember that whitening only affects natural tooth structure, not ceramics, not fillings, not any artificial material in the mouth. The whitening will be most effective on the enamel portion of the tooth and not on the root area of the teeth which has little to no enamel present.

#### For example:

- Soy Sauce, Coffee/Tea, Ketchup, Colas, Mustards, Red Wine, Red Sauces, Balsamic Vinegar, Berries, Berry Juices, Curry foods, Tobacco products

**It is necessary for you to do a touch up every 6-12 months to maintain your whitening results. Additional touch up materials are available for purchase in office.**

**Congratulations! On your NEW whiter and brighter smile! Please contact our office if you have any questions or concerns.**