



General Instructions for Tooth Whitening



- Teeth are naturally darker along the gum-line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worse, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Coffee, tobacco, and other color - staining products can re-stain your teeth over time. Teeth can be re-whitened within a few nights with a home bleaching kit or repeated teeth whitening.
- Regular dental checkups and cleanings are important before and after tooth whitening to maintain a healthy smile.
- If you have any questions pertaining to tooth whitening, please ask your dentist.

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Post-Treatment Instructions for Tooth Whitening

If experiencing some sensitivity :

- Avoid citrus fruits and acid drinks.
- Take pain-relieve medication such as paracetamol.
- Use toothpaste for sensitive teeth.



To achieve and maintain the best result :

- Avoid consuming color-staining foods and drinks such as coffee, tea, red & white wine, coke, etc. smoking for at least one week.
- Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray that is normal.
- Store the home bleaching gel out of the sun and heat. Keep unused gel between 2 to 8 degree celsius.
- A small percentage of patients may experience sensitivity with home bleaching. Should this occur, contact your dentist as Your dentist may recommend that you bleach every second or third night. You can also use Opalescence during the day for 1-3 hours.
- Maintain proper oral hygiene and care for good whitening results.