

In-Office Opalescence™ Whitening

Post-Op Instructions

Congratulations on completing your professional teeth whitening treatment! Please follow these instructions carefully to protect your investment and achieve the best long-term outcome.

What to Expect

- Temporary tooth sensitivity is common and typically resolves within **24-72 hours**
- Mild gum or lip irritation may occur and should subside quickly
- Teeth often appear brightest immediately after treatment and will settle into their final shade over several days
- Temporary white spots or uneven brightness may be visible and usually disappear within **24-48 hours**

Longevity of Whitening Results

Teeth whitening is **not permanent**. Your results will naturally fade over time depending on lifestyle factors such as:

- Coffee, tea, red wine, or dark beverages
- Smoking or tobacco use
- Dietary habits
- Oral hygiene and maintenance

First 48 Hours: Protect Your Results

- Drink plenty of water and brush gently with a soft-bristled toothbrush.
- For optimal color stability, follow a "**white diet**" and avoid anything that can stain a white shirt.
- **Avoid:**
 - Coffee, tea, red wine, dark sodas
 - Berries, cherries, grapes
 - Tomato-based sauces, curry, soy sauce
 - Colored candies, popsicles
 - Tobacco products
- **Choose:**
 - Chicken, fish, turkey
 - Eggs
 - Rice, pasta with light sauces
 - Dairy products
 - Bananas, peeled apples

Using Your Take-Home Whitening Trays (if applicable)

- Your **custom take-home trays** are designed to maintain your results and allow controlled, professional-grade touch-ups. Touch-up frequency varies by patient and may range from every few months to once per year, depending on habits and aesthetic goals.
- Begin tray whitening as directed by your dentist, typically after initial sensitivity has subsided
- Apply a small drop of gel per tooth in the tray (more gel does not improve results)
- Wear trays for the recommended time only
- After use, remove trays, rinse your mouth, and gently clean trays with cool water
- Store trays in their case away from heat
- If sensitivity occurs, reduce wear time or skip a day between applications.

Sensitivity & Comfort Care

- Use a desensitizing toothpaste, i.e. Sensodyne twice daily
- Avoid very hot or cold foods temporarily
- Use Opalescence™ desensitizing gel if prescribed or provided
- Over-the-counter pain relievers (i.e. ibuprofen, Tylenol) may be used unless contraindicated
- Sensitivity should steadily improve. Please contact us if discomfort persists.

Possible Side Effects

Most side effects are temporary and may include:

- Tooth sensitivity
- Mild gum or soft tissue irritation
- Dry mouth
- Jaw soreness from prolonged mouth opening
- Heightened sensitivity around existing restorations, cracks, or recession

Important Information Regarding Restorative Dentistry

- Whitening affects **natural tooth structure only**. Existing or future fillings, crowns, or veneers will **NOT** whiten.
- For patients planning restorative or cosmetic dental work:
 - Allow **1-2 weeks after whitening** before final shade selection or placement of restorations. This ensures your teeth have stabilized to their true color for precise matching. Existing restorations may require replacement if a lighter shade is desired.

Long-Term Smile Maintenance

- Limit staining foods and beverages
- Rinse with water after dark or acidic drinks
- Avoid smoking to preserve results
- Maintain regular professional cleanings
- Use your custom trays periodically as recommended