

Post Treatment Instructions for Teeth Whitening

- 1. What to Expect:** On rare occasions, some teeth may experience sensitivity to cold drinks or air. This sensitivity will always settle with time.
- 2. What to Do:** It is important to avoid drinks and food that can stain your teeth. Coffee, tea, smoking, soft drinks, red wine, curry, etc should be consumed in moderation. Do note that reduction of consumption of these types of stain-inducing food and drinks will enable the effects of teeth whitening to last longer and in general your body will benefit from your new healthy diet.

3. Home Whitening Instructions (after the Chairside treatment)

In some cases, your dentist will provide you with a take home kit that consists of the following:

(a) *Upper and lower whitening trays*

(b) *4 tubes of whitening gel (Blue Color)* – to maximize the result of the overall teeth whitening process

- To be used daily before bedtime after your treatment in the clinic.
- Apply the whitening gel on the surface of the tray that touches the front surface of your teeth. One squeeze the size of a small soy bean for each tooth is sufficient.
- Leave the tray on for 10 to 20 minutes, and then spit out the gel and rinse your mouth and the trays with cold tap water.
- You may swallow the rest of the gel in your mouth – it is totally harmless.
- Apply this gel every night for up to 2 weeks. This essentially maximizes the whitening and gets the teeth to the optimum whiteness.
- Keep the remaining tubes of whitening gel in the refrigerator. You may perform “touch-ups” as needed.

(c) *2 tubes of Desensitizer Gel (Green color)* – to minimize teeth sensitivity, just in case

- To be used on the night after the treatment right before bedtime
- Apply the gel on the surface of the tray that touches the front surface of your teeth. One squeeze of the size of small soy bean for each tooth is sufficient.
- Leave the tray for 15 minutes, then spit out the gel and rinse the trays with cold tap water.
- You may swallow the rest of the gel in your mouth – it is totally harmless.

- 4. Review** is not mandatory but you may be told to do so in some circumstance. Regular check-ups and dental cleaning is important to maintain your whitening as well as oral health.