



Post Operative Care

In-Office Teeth Whitening

Pain and sensitivity following teeth whitening is common. You may be sensitive to cold air and fluids; however, the pain will fade away within 24-36 Hours. Your teeth may be especially sensitive to cold air and rinses and if any of the whitening agent gets on your gums, it may cause them to be tender. Sensitivity and soreness will gradually subside after a couple of days. If you are more prone to sensitivity, you may choose to use anti-sensitivity toothpaste before, during, and after whitening. (Sensodyne works well)

Try to avoid any dark or reddish colored foods and beverages (red sauces, coffee, red wine, tea) and smoking for a few hours following whitening. This is when your teeth are most susceptible to absorbing new stain. To maintain your shade for as long as possible, avoid colorants (dark food and drinks, tobacco), use a whitening toothpaste, and have regular cleanings. You may need to use home whitening trays a few times a month to maintain your shade.

Tooth colored fillings and existing crowns will not whiten or change colors at all. If the filling matches your current color, bleaching will result in miss-matched shades with your natural teeth. You may need to have your old fillings replaced to match your newly whitened teeth.

The best way to maintain your white teeth after in-office whitening will be to utilize a take home teeth whitening kit.

Thank you for choosing Alderwood Family Dental with your dental needs!