



## Aftercare for Whitening

Professional whitening is a pretty straightforward and no-hassle experience for patients. However, there are some important things for patients to keep in mind after whitening treatment to help the results last as long as possible. Generally, the best precaution patients can take is to maintain a stain-free diet for the first 24-48 hours following the treatment.

To maximize the effects of our professional whitening kit, we advise patients to avoid the following food, drinks, and products:

- All tobacco products
- Red and white wines
- Berries
- Sodas
- Red or tomato-based sauces
- Coffee and tea
- Mustard
- Ketchup
- Soy Sauce

In the long run, patients should generally avoid tobacco products and foods and beverages that easily stain teeth. Diet and lifestyle is very important for maintaining the best whitening results possible. Additionally, it is beneficial for patients to invest in a good electric toothbrush to more thoroughly clean their teeth daily. Moreover, it is most important for patients to attend their regular cleanings and check-ups with the doctor.

## Whitening Results

Patients should keep in mind that results for whitening treatment can vary depending on different circumstances. First, the starting point for the shade of the patient's teeth can affect the degree of change after the first whitening treatment. Genetics can also play a major role in the shade of a patient's teeth. Finally, dietary and lifestyle habits, like tobacco use and drinking coffee often, can cause results to take longer to show.

Another important factor patients should keep in mind is that crowns, fillings, bridges, and other restorative work will not whiten along with their natural teeth. Because of this, patients should either wait until they complete whitening treatment to have restorative work done, or they can have their restorations replaced to reflect their new, bright and white smile.

Occasionally, patients may also experience sensitivity with their whitening treatment. If this occurs, over the counter pain medication taken as directed can help alleviate symptoms. Additionally, patients who experience gum sensitivity should care for this by brushing more gently in the afflicted area. If patients have any unusual developments, they should [contact our office](#) immediately.