

POST IN-CHAIR WHITENING INSTRUCTIONS



- Do not smoke for 2 weeks.
- Avoid foods and beverages that stain (red sauce/mustard, blueberries, juice, coffee/tea, red wine, soy sauce, cola, curry/turmeric etc.)
- Mild sensitivity to hot or cold liquids may occur. This usually passes within 1 – 2 days. You may apply Desensitising Gel or Tooth Mouse Plus or Colgate Pro-relief as an ointment for a few days until the sensitivity subsides. If sensitivity persists, we recommend taking pain relief medications.
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the colour to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long-term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, coffee, tea, etc.)
- Touch-up treatments may be needed every 6-12 months to retain colour. You are being sent home with take-home trays and whitening gel to use as needed for touch-ups. More whitening gel can be purchased as needed.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed to match your new smile.