

DENTAL STUDIO

of Riverstone

Teeth Whitening – Post-Op Instructions After In-Office Whitening

- Temporary tooth sensitivity is common.
- Avoid very hot or very cold drinks until sensitivity improves.
- Use **desensitizing or high-fluoride toothpaste** to reduce sensitivity.
- Sensitivity usually resolves within **1–2 days**.

Avoid Staining Foods & Drinks for 1 Week Foods/Drinks to Avoid

- Strawberries or dark-colored fruits
- Mustard, ketchup, red sauces
- Soy sauce, steak sauce
- Red meat (steak, hamburger)
- Coffee, tea
- Dark sodas
- Red wine

Whitening Trays – Instructions

Before Treatment

- Brush and floss first.
- Trays must be **clean and dry** before applying gel.

1. Applying Gel

- Place a **small drop** of gel in the center of each tooth reservoir.
- Do **not** overfill.

2. Inserting Trays

- Insert trays gently; do **not** spread the gel.
- Wipe excess gel from gums.
- Whitening the **front 8–10 teeth** is usually enough.

3. Wearing Time

- First-time users: **30 minutes to 1 hour**.
- Increase time only if sensitivity is minimal.

4. After Whitening

- Remove trays and rinse teeth with lukewarm water.
- Brush away remaining gel.
- Continue normal brushing, flossing, and routine cleanings.

5. Caring for Trays & Gel

- Clean trays with a toothbrush or Q-tip and **cold water**.
- Store trays in their case.
- Store gel in a cool, dry place; refrigerate if desired (do not freeze).

Possible Side Effects

- Temporary gum, lip, throat, or tongue irritation may occur.
- If symptoms last more than **2 days** or worsen, call your dentist.
- Most side effects resolve within **1–3 days** after stopping treatment.

Important Notes

- Whitening gel **only whitens natural teeth**.
- It does **not** whiten crowns, fillings, veneers, or bonding.
- You may need dental work redone to match your new shade.
- Gray or tetracycline-stained teeth are harder to whiten.
- Exposed roots will not whiten.

Warnings

- Keep gel away from children.
- Do **not** use while pregnant or nursing.
- Do **not** smoke, eat, or drink while trays are in.

Mental Notes

- Best results usually occur after **20–30 total sessions**.
- Longer wear = faster results.
- Higher peroxide concentration = faster whitening.
- **50% of whitening happens in the first 1–2 hours**.
- Use trays **once per day** until desired shade is reached.

General Notes

- Contact your dentist if you have concerns about sensitivity or irritation.
- You are responsible for costs if instructions are not followed.