



Teeth Whitening Post-Operative Instructions

A brighter smile can boost your confidence levels. Here are some aftercare steps to help you enjoy the benefits of your teeth whitening for longer, without complications.

Immediately After Whitening

Your teeth may be more sensitive and porous right after treatment.

- Avoid eating or drinking for at least 30–60 minutes
- Your teeth are more likely to absorb stains during this time
- Mild sensitivity is normal and should subside within a few days

The “White Diet” (First 24–48 Hours)

For the first 1–2 days, stick to light-colored foods and beverages to prevent staining.

Safe options:

- Water, milk
- Plain yogurt, white cheese
- Rice, pasta, potatoes
- Chicken, turkey (no sauces)
- Bananas, peeled apples

Avoid dark or staining items such as:

- Coffee, tea, red wine
- Soda and colored juices
- Tomato sauce, soy sauce
- Berries, chocolate
- Tobacco products



Managing Sensitivity

Temporary tooth sensitivity is common after whitening.

- Use toothpaste designed for sensitive teeth (such as Sensodyne Toothpaste)
- Avoid very hot or cold foods and drinks
- Take over-the-counter pain relief like Ibuprofen if needed (follow directions)
- Use fluoride gel or desensitizing products if recommended

If sensitivity persists beyond a few days, contact our office.

Oral Hygiene

Maintain a consistent and gentle oral care routine:

- Brush twice daily with a soft-bristled toothbrush
- Floss daily
- Avoid abrasive or whitening toothpaste for a few days after treatment
- Continue regular dental check-ups and cleanings

Maintaining Your Results

Teeth whitening is not permanent, but results can last longer with proper care.

- Limit consumption of staining foods and drinks
- Rinse your mouth with water after consuming dark beverages
- Use a straw when drinking staining liquids
- Avoid smoking or tobacco use
- Consider touch-up treatments as recommended



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When to Contact Us

Please call our office if you experience:

- Severe or prolonged sensitivity
- Gum irritation that does not improve
- Uneven whitening or concerns about your results

Need Assistance?

We're here to help you protect your smile and your results.

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