

# Tooth Whitening – Pre-Op and Post-Op Instructions

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## Pre-Operative Instructions (Tooth Whitening)

Please follow these steps before your tooth whitening procedure:

### 1. Dental Cleaning (If Recommended)

- A professional cleaning may be recommended before whitening to remove plaque and surface stains for optimal results.

### 2. Tooth Sensitivity

- If you have a history of sensitivity, start using a **sensitivity toothpaste** (e.g., Sensodyne) **1–2 weeks** prior to treatment.
- Ask us about fluoride or desensitizing treatments before whitening.

### 3. Avoid Staining Foods Before Treatment

- Avoid dark foods or drinks (coffee, red wine, berries, tea) the day before your appointment to reduce surface stains and maximize results.

### 4. Take Any Medications as Directed

- Continue normal medications unless advised otherwise.
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## Post-Operative Instructions: After Tooth Whitening

After your whitening treatment, follow these instructions to maintain your results and reduce sensitivity:

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### First 24–48 Hours: "White Diet" Guidelines

Your teeth are more porous and prone to staining right after whitening. Avoid the following:

#### Avoid:

- Coffee, tea, red wine, soda
- Berries, tomato sauce, soy sauce, curry

- Dark chocolate
- Smoking or tobacco use
- Colored mouthwash or toothpaste

✔ **OK to Eat:**

- White rice, plain pasta, bread
  - Chicken, turkey, white fish
  - Potatoes (no skin), cauliflower, bananas
  - Milk, yogurt, water
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◆ **Tooth Sensitivity**

- Sensitivity to cold, air, or touch is common and may last 24–72 hours.
  - Use a sensitivity toothpaste (e.g., Sensodyne or Colgate Sensitive).
  - Avoid very hot or cold foods and beverages.
  - Take over-the-counter pain relief (ibuprofen or acetaminophen) if needed.
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💡 **Oral Hygiene**

- Brush and floss normally.
  - Use a soft-bristled toothbrush and avoid aggressive brushing.
  - Avoid colored toothpaste or mouthwash for the first 48 hours.
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💡 **Long-Term Maintenance Tips**

- Touch-up kits may be recommended every 6–12 months depending on habits.
  - Whitening gel should be at room temperature when using and stored in the refrigerator
- Avoid daily consumption of staining agents (coffee, wine, smoking) or rinse with water after consuming.
- Consider custom take-home trays for periodic maintenance.
- Maintain regular dental cleanings and exams.