

Whitening Teeth Facts



Important facts about teeth whitening:

- Teeth whitening may not be permanent and it may cause sensitivity.
- This at home treatment takes about 14 days.
- Please make an appointment immediately following your 14 day treatment
- It will take about 2 weeks after treatment for the teeth to re-hydrate and attain their final shade
- Your teeth are more susceptible to re-staining during the 2 week transition.

You should therefore avoid:

- Smoking
- Acidic foods and beverages (tomatoes, sodas, red wines)
- Coffee/tea, curries and foods with dyes (barbeque chips).

Tooth and gum sensitivity may develop:

- If sensitivity is unbearable however, discontinue take-home treatment (if you have been given one), and give us a call.
- Discomfort should stop in about 1-2 days once the whitening treatment has ceased.

To help avoid sensitivity with use of the take-home kit:

- Do not use too much whitening gel in the trays.
- Thoroughly clean whitening trays between each application.
- Wipe any excess gel from gums and tray once tray has been seated in the mouth.
- Do not over-use whitening gel.

The transition period last 2 weeks. During this time expect changes in the colour of your teeth. They may seem whiter one day than the other.

Enjoy your smile! Last Updated on 15 April 2010