



## **In-Office Bleaching Aftercare Instructions**

Some patients experience sensitivity after bleaching. This sensitivity typically lasts up to 48 hours. We recommend over the counter pain medications such as Ibuprofen, Advil or Tylenol to counteract any discomfort you may experience during this time. If the sensitivity persists for more than three days, please call our office at **(303)595-4994**.

In order to maintain your color, it is best to treat your teeth as you would a white tablecloth. Anything dark that can stain a white tablecloth will also stain your teeth. Avoid tobacco consumption, coffee, tea, dark colas, red wine and dark colored foods such as blueberries and pasta sauce. **These substances can stain the teeth easily for the first two weeks after whitening your teeth.** If you do consume any of the items above, brush immediately afterward. If this is not possible, drink a glass of water.

Continue good oral hygiene practices after your lightening process as this will greatly help you maintain your new shade. Many patients have a slight color rebound within the first week after bleaching; this is normal.

The longevity of your whitening results varies by patient and greatly depends on your eating and home care habits. If you notice that your teeth are darkening, you may want to enhance your bleaching at home. We can custom fabricate take-home bleaching trays for this purpose.