

POST-OP INSTRUCTIONS FOR BLEACHING

- If your teeth are sensitive after whitening, a mild analgesic such as IBUPROFEN or TYLENOL (use only if no allergies are present) will usually be effective in making you more comfortable until your teeth return to normal.
- During the first 24 hours following bleaching, some patients experience transient sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With Power Whitening or CORE Bleaching, the sensitivity will usually subside in 1-2 days. With home bleaching it may be necessary for you to reduce the number of hours you are wearing the bleach trays, bleach on alternating days, or stop use for a short time to resolve the sensitivity.
- If your teeth are normally sensitive, whitening may make your teeth more sensitive for an extended period of time. Under these circumstances, you may choose to delay the whitening process until you are able to complete desensitization procedures.
- Rinsing with warm milk immediately after removing bleach stents can decrease sensitivity.
- Placing fluoride gel in your bleach trays for 1 minute will help re-hydrate teeth after bleaching.
- Continue to brush and floss prior to bleaching, and use cold water to wash plastic bleach stents.
- Continue to monitor sensitivity, white spots on the gum areas, or gum irritation. Please call our office if you have any questions.