



CONCORDIA
dental healthcare

After Teeth Whitening

Congratulations on your whiter, brighter smile! We're sure you will want to do everything you can to protect it. Here are some usage instructions and helpful hints:

1. Brush your teeth before and after bleaching. Brush the trays with your normal toothbrush and toothpaste.
2. Apply the Whitening Gel as you have been shown. Wipe any excess that comes out with a tissue. Wear the trays for at least 2 hours a day. You may also wear the trays overnight if using night Whitening.
3. For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any food or drinks that would stain a white blouse. This would include:
 - Red Wine
 - Red meat
 - Curries
 - Soy Sauce
 - Tea and Coffee
 - Berries or other dark fruits and fruit sauces
 - Tomatoes and tomato sauces/juices
 - Dark vegetables
 - Food and drinks containing dyes or artificial colourings
 - Tobacco
4. It is normal for some people to experience minor tooth sensitivity for 1-3 days after the procedure. To minimise this, you may want to avoid excessively hot or cold foods and beverages and use Sensodyne or similar sensitive toothpaste. With the approval of your doctor, you may want to take Nurofen Ibuprofen tablets to alleviate any temporary dental sensitivity. If you experience any severe or prolonged sensitivity, you should contact your dentist, as we can give you special desensitising agents and appropriate advice.
5. All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, avoid tobacco and minimise your use of staining foods and beverages. You may want to touch up your teeth with at-home whitening products from time to time. Avoid the above-mentioned decolourants while whitening teeth for up to 48 hours after your last application. We can help you determine what, if any, maintenance program you should follow.
6. Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile. Now that you have made an investment in a nicer whiter smile, you may want to take care of any dental problems you have been putting off.
7. Do NOT bleach your teeth if you are pregnant. There have been no reports of adverse reactions, but long-term clinical effects are unknown.
8. Once treatment is completed keep the trays in a safe place. They can be used for top up maintenance.