

What to Expect While Whitening Your Teeth

Home teeth whitening is designed to lighten dark or stained teeth. The results vary depending on the cause of the tooth stain, the color of your teeth at the outset, and whether or not the product is used properly. The two main side effects of whitening are sensitivity to cold and gum tissue irritation. These symptoms typically subside over the course of a few days to a week. If you experience either tooth or gum sensitivity, stop using the product for a day. The sensitivity should subside quickly. If symptoms persist, please call us. Patients should understand that the amount of whitening and its duration may vary. While most teeth lighten to the desired shade, some do not. In some instances lightening is minimal. In all instances, additional whitening over time is required to maintain the lightening originally obtained. The following instructions will help to minimize complications.

1. Usage times vary depending on the product, but it is usually between 15-30 minutes once every day. Read and adhere to the instructions included in the whitening kit.
2. Daily use of the product will produce better results than sporadic use.
3. Avoid dark, staining foods and beverages during the weeks you use the product. Foods and drinks such as ketchup, spaghetti sauce, soft drinks, coffee, red wine, chocolate, and mustard can counteract the whitening effect.
4. If you experience sensitivity that does not subside when you stop using the product, please call our office. You may need to use a fluoride solution to soothe the teeth.
5. Brush and floss your teeth before using the product for maximum effect. Best to use sensitivity toothpaste while you are whitening.
6. Store your tray in the case provided. Do not store them near any heat source, (i.e. curling iron, hair dryer) as they may warp.
7. Take over the counter pain medication (like Advil or Tylenol) if you experience sore gums or teeth.

After Hours Emergency Number
817-689-3837