

## BLEACHING POST-OP INFORMATION

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It is common for teeth to be sensitive for a few days following teeth whitening procedures. Occasionally the sensitivity will last much longer. Patients may describe this sensitivity as a momentary tingling or stinging sensation. This is a common postoperative symptom that usually resolves within a few days. You can take Tylenol every 4hrs rotating with Ibuprofen 800mg every 8hrs for 24-48 hours.

If you encounter severe sensitivity or sensitivity that persists for more than a week, contact our office to see Dr Francis. Use a Fluoride mouthwash like Act or a sensitivity toothpaste such as Sensodyne/ProEnamel/Preveident toothpaste, several times a day for the week following the bleaching. Application of MI paste and Sensodyne and not rinsing after application is preferred. Placement of MI paste, desensitizer or Sensodyne in bleach trays and wearing for 30 minutes is acceptable.

For the next 48 hours post in office whitening, Dark Staining substances should be AVOIDED, such as:

- Red wine
- Cola
- Coffee and tea
- Berries such as cherries, blueberries, strawberries
- Tobacco products
- Red sauces
- Mustard or ketchup
- Soy sauce

If you must indulge, rinse with water immediately afterwards to minimize the staining effects.