FOR THE BEST TEETH WHITENING RESULTS

Post-treatment instructions to care for your shiny smile

ALEXANDRA HILLS DENTAL

WHAT TO EXPECT

- Temporary sensitivity to cold, air or touch is common and usually settles after treatment ends.
- Your gums may feel mildly irritated if they have been exposed to whitening gel. This should settle; persistent or significant irritation needs assessment.
- The final shade may take several days to stabilise. Results vary between people and depend on the starting tooth shade, type of staining and treatment used.

FOOD, DRINKS & SMOKING

- For the first 24–48 hours, follow your dentist's advice about limiting strongly coloured foods and drinks such as coffee, tea, red wine, cola, berries, curry and richly coloured sauces.
- Avoid very hot or very cold foods and drinks if your teeth feel sensitive.
- Avoid smoking or vaping, which can stain teeth and affect oral health. Follow any additional instructions given for your whitening treatment.
- If your mouth is still numb after in-chair treatment, wait until normal feeling returns before eating, and take care not to bite your cheek, lip or tongue.

FOR PATIENTS WHO HAVE TAKE-HOME WHITENING TRAYS

- Use only the gel supplied or prescribed by your dentist and follow the exact wear time, frequency and course length provided.
- Use the amount directed for each tooth. Excess gel can leak onto the gums and cause irritation; wipe away excess gel as instructed.
- Do not eat, drink or smoke while wearing the trays. Do not sleep in them unless your dentist has specifically instructed you to do so.
- After use, remove the trays and follow the product instructions for rinsing your mouth. Clean the trays with cool or lukewarm water and a soft brush; avoid hot water, which can distort them.
- Store the trays clean and safely in their case. Keep whitening gel away from children and do not swallow it.

MANAGING SENSITIVITY

- Use a sensitivity toothpaste if recommended by your dental team.
- If sensitivity becomes uncomfortable, pause take-home whitening and contact the practice for advice before restarting. Do not increase the dose or treatment time.
- Contact the practice if pain is severe, persistent or worsening, or if gum irritation does not settle.

IMPORTANT TO KNOW

Whitening changes the colour of natural tooth structure. Fillings, crowns, veneers, bridges and dentures will not whiten in the same way, so they may look different from the surrounding teeth after treatment. Discuss any concerns with your dentist before replacing restorations.