

Advice after teeth whitening

After teeth whitening, it's crucial to follow specific aftercare advice to maintain results and prevent sensitivity.

- **Avoid staining foods and drinks** like coffee, tea, red wine, berries, dark-colored fruits and vegetables and acidic food for at least 48 hours, and consider a "white diet" for a week or two.
- **Maintain good oral hygiene** by brushing twice a day and flossing regularly, and use a white toothpaste.
- **Hydrate with water** and consider using a straw for beverages to minimize contact with teeth
- **Avoid smoking** for at least 48 hours, or even better, quit entirely.
- **Avoid hot or cold stimuli** because the teeth whitening can temporarily increase tooth sensitivity, especially to cold or hot stimuli. This sensitivity is usually mild and transient, subsiding shortly after the treatment.
- **Gum Irritation will be subside after few days.** In some cases, teeth whitening treatments may cause temporary gum irritation or sensitivity. This can occur if the bleaching agent comes into contact with the gums or if the whitening trays do not fit properly.
- **Take the pain killer** medication to relief sensitivity. Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage tooth sensitivity after teeth whitening.
- If sensitivity is severe or persistent, consult your dentist for further advice and treatment options.

