

In Office Bleaching Post-Operative Care

After in-office bleaching at Hutchinson Family Dental, it's normal to experience:

- Mild tooth sensitivity to hot or cold for 24-48 hours
- Slight gum tenderness
- Temporary white spots on the teeth (these fade as the teeth rehydrate)
- A brighter but slightly uneven shade for the first day – shade settles evenly within 24-48 hours

Ibuprofen or Tylenol is recommended every 6-8 hours as needed.

For the First 48 Hours: “White Diet”

Your teeth are more porous immediately after whitening, which makes them more susceptible to staining. Avoid any foods or drinks that would stain a white shirt.

Avoid:

- Coffee, tea, soda, sports drinks
- Red wine
- Tomato-based foods, berries, soy sauce, chocolate
- Mustard, curry, colored sauces
- Tobacco products (smoking or vaping)

You May Have:

- Water, milk, clear beverages
- Plain chicken, turkey, white fish
- Eggs, cheese, white rice, pasta, bread, potatoes
- Cauliflower, peeled apples, bananas

Managing Sensitivity

To reduce temporary tooth sensitivity:

- Use sensitive toothpaste (i.e. Sensodyne, Colgate Sensitive)
- Avoid extremely hot or cold foods
- Take over-the-counter pain relievers if needed
- Brush gently with a soft toothbrush

Maintaining Your Results

Whitening results can last months to years depending on diet, habits and home care.

To keep your smile bright:

- Brush twice daily and floss daily
- Limit strongly colored foods and drinks
- Use a straw when drinking beverages that stain
- Schedule dental cleanings every 6 months
- Use take-home whitening trays or touch-up kits as recommended

AT HOME BLEACHING

1. Before bleaching, brush and floss your teeth.
2. Express bleach into the custom tray. You will want to put a drop about the size of a pencil head into each tooth.
3. With a damp washcloth, wipe the excess bleach off the gums. Leaving excess bleach on the gums will cause them to burn. If this occurs, the affected area will temporarily turn white but should return to normal color after a couple of hours.
4. Wear the trays for one half hour in the morning and one-half hour at night.
 - If sensitivity occurs, reduce wear time to one-half hour per day or discontinue use entirely until sensitivity subsides.
 - If no sensitivity occurs, you may choose to increase wear time. The longer you wear the trays, the whiter your teeth will become.
5. Remove the trays and rinse vigorously with water to rinse off the bleach.
6. To avoid staining, do not eat or drink anything for at least one-half hour after you have completed the bleaching process.