



## Patient information: Bleaching

**Congratulations!** You've just completed your tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

### Spotting

After bleaching, white spots may occur on the teeth due to their temporary dehydration. However, it will disappear within a few days after treatment

### Tooth sensitivity

Although rare, some people may experience mild toothache in the first 48 hours after treatment. This is normal and usually not serious, but can be worse for vulnerable people. If this sensitivity persists, we recommend using Sensodyne, other toothpaste for sensitive teeth, or fluoride gel that can be bought without a prescription. In case of severe pain, provided painkiller (Ponstan) can also be taken.

If the pain or sensitivity increases significantly, please contact us.

### Avoid colouring food

After bleaching, your teeth are temporarily more porous, which means that they are more susceptible to discoloration. Do not smoke or eat during the first 60 minutes and drink only water.

### **Avoid colouring food for the next 48 hours after treatment.**

Among others, this includes red wine, cola, coffee and tea, berries (e.g. cherries, blueberries, and strawberries), dark grapes, tobacco products, red sauces, mustard or ketchup, soy sauces, salsa, and other red sauces.

As a general rule of thumb, do not eat food or drink beverages that could discolour white textiles. If you can't avoid drinking coffee, tea, or other dark drinks, just use a straw. This prevents the liquid from coming into direct contact with your teeth.