

What to Expect: In-Office Teeth Whitening

Before Your Appointment

- We advise that you brush with a sensitivity toothpaste for at least 5 days prior to your in-office teeth whitening appointment.
- It is recommended to take an Ibuprofen or Tylenol PO 2 hours prior to your appointment.
- If sensitivity does persist after your whitening procedure, we do have stronger medicament that we can apply for an additional fee.
- For more dramatic results, consider light activated whitening.
- While we do believe our products can create a substantial result, everyone's teeth whiten differently. Restorations such as composite (tooth-colored) fillings, crowns, bridges, & veneers cannot be whitened with in-office teeth whitening.

During Your Appointment

- On your appointment day, your provider will review your detailed consent forms with you and allow you the opportunity to ask any questions.
- Your provider will inform you of your starting tooth shade using a shade guide.
- Cheek retractors, cotton rolls, and gingival barrier will be applied to protect your soft tissue. Despite our best efforts, some whitening gel may still leak onto your soft tissue. If this happens, the tissue may become discolored and feel like it's burning. This subsides within a few days and can be alleviated with salt water rinses and/or sensitivity toothpaste.
- Whitening gel will be applied in time increments for a predetermined number of sessions. If you are feeling sensitive and would like to stop the whitening procedure, we can do that at any time if you request it. Unfortunately, we cannot honor refunds as our materials do have a set fee.
- Your provider will go over ways to get their attention after your treatment has started in case you need them.
- You may use your phone, read a book, etc. during your procedure.
- During your procedure, keep your tongue and body still. Too much movement can cause the material to shift which may result in chemical burn or blanching of the tissue.
- A suction will be given to you if you'd like to keep it during your procedure. This is helpful for heavy salivators.
- In between sessions, your provider will remove the whitening gel but will not remove the isolation. A new layer of whitening gel will be applied.
- Once the whitening procedure is completed, all of the isolation and retractors will be removed and your mouth will be rinsed.
- A final shade will be taken so you can see the immediate results of your whitening.
- Aftercare instructions will be reviewed with you in detail.

After Your Appointment

- Follow instructions from your dental professional.
- If you are a smoker, do not smoke for 48 hours to obtain optimal whitening results.
- Stay away from highly colored foods (red sauce, blueberries, etc.) and beverages (coffee, tea, etc.) for 48 hours. If you drink a colored fluid, it helps to use a straw. Rinse your mouth after eating and drinking.
- Mild sensitivity to hot or cold liquids may occur. This usually passes within 1-2 days. If sensitivity is severe or persists, contact us.
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.)
- "Touch-up" treatments may be needed every 6-12 months to retain color. You can also supplement your in-office whitening with our other professional whitening options.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.
- If your family or friends notice your new smile, let them know that our whitening services may be able to help them, too!