

About Your Whitening

We recommend a conservative approach to start your whitening. If doing both upper and lower teeth, begin with ½ hour of treatment on a daily basis. You can choose a time of the day that works best for you. If sensitivity becomes a concern after the first few treatments, transition your whitening sessions to ½ hour every other day. If tooth sensitivity persists, the whitening trays can be used with special desensitizing fluoride that we will provide to you. If sensitivity does become a problem, please call our office for guidance.

The length of time required for whitening is variable and can depend on several factors including initial color, age, the nature of the discoloration, and the density of the enamel. Brown and grey colors take longer to whiten while yellow seems to whiten the fastest. Older individuals have denser enamel and may take longer to whiten. Discoloration caused by some medications may take longer to achieve the desired whiteness.

During the course of your whitening, you may notice some white spots or mottling on your teeth. This occurs because of uneven penetration of the whitening solution and is most noticeable in the middle of the whitening process. As the whitening process continues, the white spots will diminish and eventually disappear.

Most people will experience an initial rebound or lessening of the whitening right after they have finished. Usually this is very slight and is to be expected. Over time your teeth may slowly darken and you may want to do a touch-up whitening. For this reason you should keep your whitening trays and all left over whitening materials. If you need more, inexpensive whitening touch-up kits are available at our office. The maintainability of your lighter color over time is a hidden benefit of the whitening process.

While whitening it is very important to stay away from foods and drinks that may potentially compromise the excellent results we know you can achieve.

DO's

Drink: milk, water, clear soda
Fruit: bananas, apples (no peel)
Bread: white bread, flour tortillas
Oats: oatmeal, cream of wheat
Dairy: plain yogurt, white cheese, sour cream, cottage cheese
Grains: white rice, baked potato
Pasta: plain pasta, white sauce
Meat: turkey, chicken breast (no skin), white fish, pork

DONT's

Red Wine
Dark Sodas
Coffee or Tea
Red Sauces
Mustard or ketchup
Smoking
Lipstick
Or...ANYTHING that would stain a white shirt