WHITENING

Post-Operative Instructions

Restoration
DENTAL STUDIO

- It is normal for mild sensitivity to occur in the first week. **If sensitivity occurs,** it is a good idea to **avoid very hot or very cold foods and drinks for the first 48 hours.** To manage sensitivity, you may take over-the-counter pain relievers as needed. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers.** For any sensitivity or irritation of gum tissue, warm salt water rinses are recommended.
- **Avoid foods and drinks that have the potential to stain your teeth (such as coffee, tea, soda, red wine, etc.) for the first 48 hours.**
- **Do not smoke or use any tobacco products for at least 48 hours, as they can cause rapid discoloration.**
- **Opt for "white" foods and beverages that are less likely to stain your teeth for the first 24-48 hours. Good choices include white rice/pasta, potatoes, cauliflower, skinned chicken/turkey, bananas, water, milk, etc.**
- It is important to continue to brush and floss your teeth as normal. Brush with a non-abrasive toothpaste twice daily, and floss at least once a day. To maintain the results of your whitening treatment, you may also use a whitening toothpaste.
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.

You may contact our office with questions or concerns at (219) 476-3100.