



## CARE INSTRUCTIONS: TEETH WHITENING

Below, we have addressed the best ways to care for the teeth once they have completed a whitening treatment, whether that be bleaching agents or whitening strips.

**Avoid coffees, teas, and wine:** Just like any other day, it is still important to avoid heavy use of coffees, teas, and wines. These beverages are extremely heavy in dyes which often stain the teeth. It is extremely important to avoid them immediately after the whitening treatment because the teeth are more sensitive, thus allowing for a stronger chance of staining.

**Use a sensitivity toothpaste:** A lot of people note that they experience sensitivity to their teeth immediately after their whitening treatments. If this is the case, then make use of a toothpaste that is for sensitive teeth. A dentist can recommend one, or a person can find one at a local drugstore. Avoid drinks or foods that may be extreme in temperature, as this will also avoid any sensitivity to hot and cold.

**Brush after each meal:** Although it isn't always necessary to brush after each meal, it doesn't hurt. Once a whitening treatment is complete, the teeth are more prone to staining or damage because they are sensitive. It has been said to brush the teeth after consuming any foods or beverages once a whitening treatment has been done. This will ensure that any foods or beverages won't leave behind any particles that may stain the teeth, thus reversing the whitening.

**Conclusion:** Teeth whitening treatments are beneficial to anyone seeking to whiten their teeth. They allow for someone to get back their pearly white smile. However, in order to make the most of whitening treatments, it is best for a person to also provide special care to their teeth immediately after whitening them.

If you have further questions or concerns about whitening of the teeth and how to care for the teeth after, then reach out to us today. Our trained professionals are happy to help you in any way that we can.