

## POST-OPERATIVE BLEACHING INSTRUCTIONS: IN-OFFICE

Bleaching is not permanent. You will have to repeat the process as necessary to maintain results.

- Long term results may vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (tea, coffee, red wine, carbonated drinks , etc.)
- Mild sensitivity to hot or cold liquids may occur. This usually lasts for a few days, but may persist for 1-2 weeks. For mild-moderate sensitivity, we recommend using a specialized toothpaste meant for sensitivity ('Sensodyne Toothpaste', which is available at local pharmacies. This is available at our clinic). If the sensitivity is moderate-severe, we recommend you schedule an appointment at our office at the earliest. In the meanwhile, we recommend taking an over the counter pain medication depending on the degree of your discomfort.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the colour to tone down after a few days of completing your treatment. This give your teeth the opportunity to rehydrate.
- Touch-up bleaching treatments may be needed every 6-12 months in order to retain colour.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.
- As an adjunct to In-Office bleaching, ask us about a take-home bleaching supplement.

Please give us a call if you have any questions or send us an email at:

[frontdesk@dentallavelle.com](mailto:frontdesk@dentallavelle.com)