

Opalescence Boost Whitening

Your teeth will continue to whiten for 24–48 hours after your treatment. During this time, avoid dark foods and beverages that could restain your teeth. These include:

- Coffee
- Dark sodas
- Tobacco
- Soy sauce
- Tea
- Red wine
- Red sauces
- Dark berries

Avoid desensitizing products that contain stannous fluoride for about two weeks. These can cause dark stains on your teeth.

Note: the nicotine in cigarettes leaves brown deposits, which are difficult to remove.

Your achievable whitening shade may not be apparent after just one in-office treatment. Additional in-office or take home treatments can be done as prescribed.

Tooth sensitivity may occur following your in-office whitening treatment but will subside. You may have sensitive white spots on your gums immediately after your in-office whitening treatment. These are temporary and should disappear after 20–30 minutes. If needed, over-the-counter oral pain relief products (such as Orajel or topical vitamin E oil) can be used to alleviate discomfort while the irritation subsides. It is important to continue brushing and flossing to keep your teeth and gums healthy. Continue to see your dental professional for regular check-ups and cleanings.

If you have any questions, or if sensitivity persists, feel free to contact our office!

