Whitening aftercare

Opalescence Pro in-office teeth whitening

What you may notice

Your teeth may feel more sensitive than usual, and your gums may feel mildly irritated. These effects are usually temporary. Existing white spots can look brighter at first. Your shade typically settles over about two weeks.

Eating, drinking and brushing

You can eat and drink as usual once the whitening gel has been removed. If your teeth are sensitive, choose lukewarm drinks and skip very hot or cold foods until you feel better. Brush gently with a soft toothbrush. A toothpaste for sensitive teeth may help.

Touch-ups and existing dental work

Check with us before using whitening trays or strips for a touch-up. Crowns, veneers and tooth-colored fillings keep their original shade. If you notice a color difference once your shade settles, we can discuss your options.

When to call us

Call if you have severe pain, worsening gum irritation, or sensitivity that lasts more than a few days. Follow any specific instructions we gave you at your visit.

(253) 582-9010