

AFTERCARE FOR TOOTH WHITENING

Getting the best result, comfortably, and making it last

Tooth whitening is gentle, well-researched and very effective when used as directed. Following these instructions will keep sensitivity to a minimum and help your results last as long as possible.

USING YOUR WHITENING TRAYS

- Brush and floss before each whitening session so the gel sits against clean enamel.
- Apply only a small drop of gel into the front of each tooth space in the tray — about the size of a grain of rice. More gel is not more whitening; it just irritates your gums.
- Seat the trays carefully and wipe away any gel that squeezes onto your gums with a clean finger or tissue.
- Wear the trays for the time we have agreed (typically overnight, or 1–2 hours during the day, depending on the gel strength).
- After each session, remove the trays, brush gently, rinse the trays in cool water and store them in their case.

THE FIRST 48 HOURS AFTER EACH SESSION — THE 'WHITE DIET'

Whitening temporarily opens the surface of the enamel, so anything that would stain a white shirt will more easily stain your teeth for the first 24–48 hours. Try to avoid:

- Tea, coffee, red wine, dark fizzy drinks and fruit juices
- Curry, tomato-based sauces, soy sauce, balsamic vinegar, beetroot, berries and dark chocolate
- Smoking and vaping (these stain quickly and undo your results)
- Strongly coloured mouthwashes (e.g. blue or red)

Lighter-coloured foods (chicken, fish, pasta, rice, potato, cauliflower, white cheese, milk, water) are all fine. If you do have something staining, rinse with water straight afterwards.

SENSITIVITY

- Some sensitivity to cold is common during whitening and almost always settles within 24–48 hours of finishing.
- Use a sensitivity toothpaste (such as Sensodyne Repair & Protect) starting two weeks before, during and after your whitening course. Brush, then smear a little extra into the trays for 10–15 minutes if a tooth feels twitchy.

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- If a particular tooth becomes sensitive, take a night or two off and resume when it has settled.
- Avoid very cold or very hot foods and drinks for the first day or two after each session.

LOOKING AFTER YOUR TRAYS

- Rinse trays thoroughly in cool water after each use — never hot, as this will warp them.
- Brush them gently with a soft toothbrush and clean water. Avoid toothpaste, which can scratch the surface.
- Store dry, in the case provided, away from direct sunlight or radiators.
- Keep your unused gel syringes in the fridge to prolong their shelf life. Do not freeze.

MAINTAINING YOUR RESULTS

- Most patients top up for one or two nights every few months — we will advise on a schedule that works for you.
- Continue twice-daily brushing with a fluoride toothpaste and regular hygiene visits.
- Cutting back on staining foods and drinks, and using a straw for tea, coffee or fizzy drinks, makes a real difference.

Please contact us if... you have severe or lingering sensitivity that is not settling with sensitivity toothpaste and a break, you notice white patches or any whitened gum tissue, your trays no longer fit comfortably, or you are unsure how much gel to use. We are very happy to talk you through it.

IF YOU HAVE ANY CONCERNS, PLEASE GET IN TOUCH

We are always here to help. If anything is worrying you, please don't hesitate to get in touch with us — we will do our best to put your mind at ease.