

AT HOME TOOTH WHITENING

- Teeth are naturally darker near the gums. This area may take longer to lighten than other parts of the tooth and will usually remain slightly darker.
- During the whitening process foods that cause staining should be limited. For example: blueberries, coffee, cola drinks, tea, grape juice, etc.
- A small percentage of patients experience sensitivity with at home whitening. If this occurs, give us a call at (616) 656-2400.
- Foods and juices high in citric acid can cause sensitivity to the teeth during the whitening process.
- Some patients have noticed temporary discomfort of the gums. Make sure not to allow the whitening gel to contact your gum area. If the discomfort symptoms persist more than two days or progressively worsen, call us. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Coffee, tobacco and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened one to two times per year.
- Regular dental check-ups and cleanings are important before and after whitening to maintain a healthy smile.
- Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray; this is normal.
- If you have any questions pertaining to this treatment refer to the guidelines in your whitening kit or call us with any questions or concerns at (616) 656-2400.