



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Teeth Whitening Instructions

Helpful guidance for caring for your smile after professional teeth whitening and maintaining your results.

AFTER WHITENING

Temporary tooth sensitivity or mild gum irritation can occur after whitening. Follow the instructions provided by your dental team.

PROTECT YOUR RESULTS

Choose foods and drinks carefully during the initial period and maintain good oral hygiene as directed.

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01 Tooth Sensitivity

- Mild sensitivity can occur after teeth whitening and is often temporary.
- Follow any sensitivity recommendations provided by your dental team.
- Avoid very hot or very cold foods and drinks if they make your teeth uncomfortable.
- Contact our office if sensitivity is severe, persistent, or concerning.

02 Food & Drinks

- During the initial period after whitening, choose foods and drinks that are comfortable and follow your dental team's recommendations.
- Limit highly pigmented foods and beverages if advised by your provider.
- Common staining beverages include coffee, tea, red wine, and dark-colored soft drinks.
- If a food or drink causes sensitivity, avoid it until your teeth feel comfortable.

03 Oral Hygiene

- Continue brushing and flossing regularly as directed by your dental team.
- Use dental products recommended by your provider if your teeth feel sensitive.
- Maintain routine dental cleanings and checkups to support a healthy, bright smile.

04 Gum Sensitivity

- Temporary gum irritation may occur if whitening material contacts the gums.
- Follow your dental team's instructions for caring for irritated areas.
- Contact our office if irritation is severe or does not improve.

05 Maintaining Your Results

- Good brushing and flossing habits can help maintain your smile.
- Limit frequent exposure to foods and beverages that can stain teeth.
- Follow your provider's recommendations for future whitening or touch-up treatments.
- Keep your regular dental visits for professional cleaning and oral-health monitoring.

06 — IMPORTANT: WHEN TO CONTACT US

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us if you experience:

- Severe or persistent tooth sensitivity
- Significant or persistent gum irritation
- Unexpected pain or discomfort
- Any reaction or concern that does not improve

Important Note

These instructions are general information and may not apply to every patient or whitening treatment. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

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Questions about your whitening treatment? Please give our dental team a call.