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Excel Dental & Implant Center
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Tooth Whitening

Following the whitening procedure an instant lightening is usually seen in most cases. However rebound is not uncommon. On an average during the first month there may be loss of one shade unit, another shade unit during the next 6 months and another shade unit during the subsequent six months. Everyone responds differently, so your rebound effect may be less or greater than the averages stated above. Rebound means that after about two years your teeth may have returned to the color prior to bleaching.

- ❖ Pain and sensitivity following teeth whitening is common. You may be sensitive to cold air & fluids; Pain will fade away within 24-36 hours.
- ❖ It is important not to consume any colorants in the first 24 hours following the procedure. Anything that colors such as red wine, dark colas, coffee, tea, red sauces, soy sauces and smoking must be avoided.

Rebound **MUST** be managed; this is achieved through any combination of:

1. Careful diet control; Avoiding high colorants
2. Meticulous oral hygiene
3. Using a whitening toothpaste
4. Using home bleaching trays or teeth whitening mouth wash
5. Annual repeat of the in house teeth whitening

Please contact our office for further questions. We value your comfort and health!