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### **AFTER CARE INSTRUCTION FOR IN OFFICE BLEACHING**

You have recently had an in office bleaching or have used a home bleaching kit. The teeth may feel sensitive to thermal changes, (i.e. such as hot /cold foods or beverages) and/or air for the next 24 hours. The teeth also may feel sensitive to the touch. 800 mg of Ibuprofen, (Advil Liquigels recommended) , taken once every 8 hours may reduce discomfort.

Your teeth will continue to whiten over the next 2 weeks. After a few days, your teeth may not appear as 'white' to you as they did when you left the office. The reason is that you have become accustomed to the new color; your teeth are NOT getting darker.

If this is the first time you have bleached, it may take up to 3 to 4 in office bleach treatments over a 1 year period to achieve your desired color. Understand that your teeth can only become as white as your body physiologically will allow.

Remember that only natural tooth structure will bleach. If there are areas of your teeth that did not seem to lighten, those areas may have tooth colored filling and/or crowns. To lighten those areas, replacing the restorations will be required.

If you have any questions, please feel free to call the office.