



Quadra Dental Centre

403-3939 Quadra Street
Victoria BC V8X 1J5
Phone 1-250-727-6688 Fax 1-250-727-7858
quadradc@shaw.ca

Care After Whitening

- Drink only water for the first hour after treatment
- Some sensitivity is normal after whitening, using a sensitivity toothpaste such as Sensodyne is recommended. Avoid very cold or very hot food and drinks until the sensitivity subsides. You can also apply a small amount of the toothpaste directly to the sensitive area and not brush or rinse it off.
- Avoid staining foods and smoking for the next 24- 48 hours such as; curry, black coffee, mustard, red wine, blueberries or anything that would stain a white shirt.
- If you experience any gum irritation, such as white spots or sore areas, apply vitamin e, they should disappear in about 15 minutes.
- Use the miracle smile treatment given to you at your appointment. Use for up to five days to continue whitening.
- After 6 months (or after your next cleaning) you can do a touch up with either at home trays or the Miracle Smile brush on gel.

Keeping your smile bright

- Regular dental cleanings
- Avoiding staining foods and drinks
- Avoiding smoking or chewing Tabaco
- Using an at home treatment such as Miracle Smile gel, at home trays or a whitening toothpaste.