BIDH
DENTAL HOSPITAL

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Post-Treatment Instructions

Tooth Whitening

Bangkok International Dental Hospital (BIDH)
Thailand's Specialized Dental Hospital

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General Instructions for Teeth Whitening

- Teeth are naturally darker along the gum-line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worse, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Coffee, tobacco, and other color - staining products can re-stain your teeth over time. Teeth can be re-whitened within a few nights with a home bleaching kit or repeated teeth whitening.
- Regular dental checkups and cleanings are important before and after tooth whitening to maintain a healthy smile.
- If you have any questions pertaining to tooth whitening, please ask your dentist.

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Post-Treatment Instructions for Teeth Whitening

If experiencing some sensitivity :

- Avoid citrus fruits and acid drinks.
- Take pain-relieve medication such as paracetamol.
- Use toothpaste for sensitive teeth.

To achieve and maintain the best result :

- Avoid consuming color-staining foods and drinks such as coffee, tea, red & white wine, coke, etc. smoking for at least one week.

- Maintain proper oral hygiene and care for good whitening results.