

# Teeth Whitening Aftercare at Core Dental

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## Description:

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## Details:

Thank you for choosing Core Dental for your teeth whitening treatment. Whether you have just completed an in-chair Zoom! whitening session or you are starting your at-home whitening program with custom trays and gel, this guide has everything you need to maintain, extend, and make the most of your results.

Core Dental is part of the Smile Solutions Group, with locations across Melbourne. For any questions, call us on \*\*13 13 16\*\* or visit [coredental.com.au](http://coredental.com.au).

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### ## Part One: After In-Chair Zoom! Whitening

In-chair whitening produces immediate, dramatic results in a single appointment. The process uses a professional-strength hydrogen peroxide gel activated by a specialised light to lift deep-set stains from the enamel, leaving your teeth several shades brighter.

Here is how to protect and preserve your results in the critical period following treatment.

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### ### The First 24 Hours: The White Diet

Your teeth are at their most porous and most susceptible to staining in the first 24 hours following in-chair whitening. During this window, avoid any food or drink that would leave a stain on a white shirt.

**\*\*For the first 24 hours, consume only light-coloured foods and drinks, such as:\*\*** - Still or sparkling water - Milk or white foods - Plain chicken, fish, or white pasta - White rice - Peeled pears, bananas, or other light-coloured fruits - Plain yoghurt or sour cream - Cream cheese or white cheese - Cauliflower, potatoes, or other white or cream-coloured vegetables

**\*\*Avoid for at least 24 hours:\*\*** - Tea and coffee (even if white) - Red, white, or rosé wine - Coloured soft drinks - Juices, particularly orange, apple, and berry juices - Dark sauces including soy sauce, tomato sauce, and balsamic vinegar - Berries, beetroot, and other intensely coloured foods - Chocolate - Lipstick and tinted lip products - Smoking and tobacco products of any kind

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### ### Sensitivity

Sensitivity is one of the most common experiences following in-chair whitening. It is temporary and completely normal. Your teeth may feel sensitive to temperature, touch, or simply the sensation of air for up to 48 hours after treatment.

**\*\*Managing sensitivity:\*\*** - Use the sensitivity relief gel provided by your clinician, applying it as directed for the first two days - Use the sensitive toothpaste provided or switch to a sensitive formula toothpaste for the days following treatment - Mild pain relief such as paracetamol or ibuprofen, taken as directed, can help manage any discomfort - Avoid very hot or cold foods and drinks while sensitivity persists

The sensitivity is caused by the whitening process temporarily increasing the permeability of the enamel surface. It resolves fully on its own without any lasting effect on the teeth.

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### ### Your Gums

If your gums appear slightly white or feel tender after the procedure, this is a temporary reaction caused by brief contact with the whitening gel. Apply a small amount of vitamin E oil to the affected area as needed for comfort. This resolves on its own within a day or two.

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### ### What Happens to the Colour Over Time?

You may notice your teeth appear to become slightly less bright in the week or two following your treatment. This is not cause for concern. Your teeth are simply rehydrating after the whitening process, and the shade naturally settles slightly as they do. Your teeth will not continue to change at the same rate - the settling is minimal and does not significantly affect the overall result.

The colour achieved through in-chair whitening typically lasts six to twelve months, depending on your dietary habits, lifestyle, and oral hygiene.

**\*\*To maintain your results long-term:\*\*** - Minimise consumption of staining foods and drinks where possible, and rinse with water after consuming them - Brush twice daily and see your hygienist regularly for professional cleans - Consider a take-home touch-up with whitening gel and trays from around the six-month mark

**\*\*Refreshing your whitening:\*\*** From the six-month mark, you can refresh the colour at home using whitening gel and custom-fitted trays. From twelve months, in-chair whitening can be repeated. Many patients find a combination of an annual in-chair treatment supplemented by periodic at-home top-ups keeps their smile consistently bright.

If you had impressions taken for custom home whitening trays at your whitening appointment, do not forget to book your follow-up tray fitting appointment.

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## ## Part Two: At-Home Whitening Instructions

At-home whitening uses a lower-concentration whitening gel worn in custom-fitted trays over a series of sessions, producing gradual brightening that builds up over days or weeks of use. The trays are made from precise impressions of your teeth, ensuring the gel is held firmly against each tooth surface for maximum effectiveness.

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### ### Getting Started

Before beginning, read these instructions carefully to make sure you get the best possible outcome from your kit.

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### ### How to Use Your Whitening Trays

1. Brush your teeth before each whitening session to ensure the gel makes contact with clean tooth surfaces. 2. Dispense a small amount of whitening gel into each tooth-shaped compartment in the tray. You do not need much - a small dot or thin ribbon per tooth is sufficient. Overfilling causes the gel to overflow onto the gums, which can cause irritation. 3. Seat the trays over your teeth. If any excess gel squeezes out onto your gums, wipe it away immediately with a tissue or your finger. 4. Wear the trays for the duration recommended by your clinician. Session lengths vary depending on the gel concentration provided. 5. After each session, remove the trays and rinse your mouth thoroughly with water. Rinse the trays with clean water and allow them to air dry before storing. 6. Do not eat, drink (other than water), or smoke while the trays are in.

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### ### Do's and Don'ts

**\*\*Do:\*\*** - Store any unused whitening gel in a cool, dry place away from direct heat and sunlight - Continue your normal oral hygiene routine throughout the whitening period - If sensitivity occurs, consider whitening every second day rather than every day to give your teeth recovery time between sessions - Use sensitive toothpaste throughout the treatment period if sensitivity is an issue - After removing trays, rinse with clean water - Contact us if you have any questions or concerns

**\*\*Do not:\*\*** - Use the whitening gel if you are pregnant or breastfeeding - Use any other household whitening products, bleaching agents, or over-the-counter whitening strips alongside your prescribed gel - Eat, drink, or smoke while wearing the trays - Use hot water to clean the trays, as heat can warp them

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### ### About Sensitivity During At-Home Whitening

Some sensitivity during at-home whitening is normal, particularly in the first few sessions. It typically presents as a mild aching sensation or brief sharp twinges (sometimes called "zingers") when the gel is in contact with the teeth.

If sensitivity is significant: - Reduce the frequency of sessions (every second day instead of daily) - Reduce the duration of each session slightly - Use a sensitive toothpaste throughout the treatment - Contact us if sensitivity is severe or persistent

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### ### About Dark Spots in the Trays

If you have old silver amalgam (metal) fillings, you may notice dark discoloration appearing in the tray areas where these fillings are. This is the whitening gel oxidising the surface of the filling material. It is entirely harmless and has no effect on the filling itself or the surrounding tooth.

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### ### About Uneven Whitening

You may notice that the area of the tooth closest to the gum takes longer to whiten than the biting edge. This is normal. The gumline area of the tooth is naturally the densest and darkest part of the enamel, and it does lighten, just more gradually. Continue the course and the result will even out.

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### ### Maintaining Your At-Home Whitening Results

Your investment in at-home whitening is easy to protect with a few simple habits:

- **Limit staining foods and drinks.** Coffee, tea, red wine, coloured juices, and dark sauces are the main culprits. Enjoying them in moderation and rinsing with water afterwards significantly slows re-staining. - **Avoid tobacco.** Smoking is one of the fastest ways to re-stain teeth after whitening. - **Maintain good oral hygiene.** Brush twice daily, floss daily, and see your hygienist regularly. A clean tooth surface whitens more effectively and stays brighter longer. - **Top up every six to twelve months.** Whitening gel has a limited shelf life, but remaining gel can be stored in a cool dry place and used for periodic touch-ups as advised by your treating dentist.

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### ## Your Core Dental Whitening Team

Our clinicians at Core Dental provide professional, evidence-based whitening solutions that are safe, effective, and tailored to your individual needs. Whether you are preparing for a special occasion, refreshing your look, or maintaining the brightness you already have, we are here to help you achieve and sustain the smile you want.

Call us on **13 13 16** or book online at [coredental.com.au](http://coredental.com.au).

**Core Dental locations:** Berwick | Caroline Springs | Carrum Downs | Epping | Southbank | South Melbourne | Wyndham

\*Core Dental - Part of the Smile Solutions Group\*