



Celina Family Dentistry
Dr. Fereshteh Ganjooor D. D. S.
3248 S. Preston Rd., #140 Celina, TX 75009
info@celinafamilydentistry.com
Office: 214-851-0130 Fax: 214-851-0111

Teeth Whitening Post-Operative Instructions

Lumibrite in-office teeth whitening:

- Following the in-office, one hour whitening procedure, please avoid colored drinks and foods for 48 hours. If you consume coffee, tea, red wine, sauces, or any other colored food/beverage, please make sure to either use a straw or do a gentle brushing afterwards. Also, drinking water helps to dilute the stain.
- If you have received an at-home touch-up kit, make sure you store the whitening gel in the refrigerator. This helps to increase its shelf life. The custom tray area for every 6 months to do a touch-up following your dental cleaning appointment. You only have to wear your trays for a couple of days for 3 minutes a day. This will maintain your white smile.
- During the first 24 hours following whitening, some patients may experience transient sensitivity. This sensitivity is pretty mild to none. With power whitening, the sensitivity will usually subside in 12 hours. The use of over-the-counter Sensodyne Foam will help reduce the transient sensitivity.

At-home whitening:

- Following your dental cleaning appointment, start wearing your trays for 3 minutes a day, for 10-14 consecutive days. During this whitening period, make sure to avoid consuming colored foods/liquids or do a gentle brushing afterwards.
- For at-home whitening kits, our dental assistant Cindy will go over instructions with you. She will try your trays in to ensure a good fit, tell you how much whitening agent to use, how long to wear them, and how to avoid placing gel around your gum area. If you happen to have any further questions, please do not hesitate to call and ask to speak with Cindy.
- You will need to maintain your white smile by doing a “touch-up” every 6 months, ideally after your dental cleanings. For maintenance, you only have to wear your trays for 3 minutes per day, for a couple of days in a row. This will keep your teeth looking dazzling white.
- During the first 24 hours following whitening, some patients may experience transient sensitivity. This sensitivity is pretty mild to none. With home whitening, it may be necessary for you to whiten every other day instead of daily. If you experience severe discomfort or any other problems, discontinue whitening and call our office.