credit river
dental centre
because no two smiles are alike

Opalescence™ Boost In-Office Teeth Whitening Instructions

Achieve a Brighter, Whiter Smile with Professional Teeth Whitening
This advanced whitening system is designed to safely and effectively brighten your smile in a single visit without the need for heat or lights.
To help you achieve the best possible results and minimize sensitivity, please review the following instructions carefully.

Before Your Teeth Whitening Appointment
To prepare for your professional teeth whitening treatment:

✓ Brush and floss your teeth thoroughly before your appointment.

✓ If you have a history of tooth sensitivity, consider taking an over-the-counter pain reliever (such as ibuprofen or acetaminophen, if appropriate for you) approximately one hour before your appointment.

✓ Avoid excessive consumption of highly acidic foods and beverages on the day of treatment.

✓ Inform our dental team if you are experiencing any tooth pain, gum irritation, cavities, or broken teeth before your whitening appointment.

✓ Attend your routine dental cleaning prior to whitening whenever possible for optimal results.

What to Expect During Treatment

- Opalescence™ Boost uses a powerful whitening gel that is professionally applied by our dental team. Many patients experience immediate whitening results after just one visit.
- During treatment, you may notice:
- Temporary "zingers" or quick shooting sensations in the teeth.
- Mild tooth sensitivity.
- Temporary gum tenderness.
- These sensations are normal and typically resolve within 24 to 48 hours.

After Your Teeth Whitening Treatment

The First 48 Hours Are Critical
Your teeth are more susceptible to staining immediately following whitening treatment.

For the next 48 hours, avoid:

❌ Coffee

❌ Tea

❌ Red wine

❌ Cola and dark-colored soft drinks

❌ Sports drinks with artificial coloring

❌ Tomato sauce

❌ Soy sauce

❌ Curry

❌ Berries

❌ Beets

❌ Tobacco products

A simple rule: If it can stain a white shirt, it can stain your newly whitened teeth.

Managing Tooth Sensitivity

- Some patients experience temporary tooth sensitivity following professional whitening.
- To help reduce sensitivity:
- Use a sensitivity toothpaste such as Sensodyne® for at least one week following treatment.
- Avoid extremely hot or cold foods and beverages.
- Drink room-temperature water.
- Continue gentle brushing and flossing.
- If recommended by your dentist, use a fluoride or desensitizing treatment.
- Sensitivity is usually mild and resolves within a few days.

Maintaining Your Whitening Results

To keep your smile bright longer:

✓ Maintain regular dental cleanings and examinations.

✓ Brush twice daily and floss daily.

✓ Minimize consumption of staining foods and beverages.

✓ Rinse with water after drinking coffee, tea, or wine.

✓ Ask our team about take-home whitening touch-up options to maintain your results.

When to Contact Our Office

- Please contact us if you experience:
- Severe or prolonged tooth sensitivity lasting longer than 72 hours.
- Significant gum irritation.
- Swelling or discomfort that worsens after treatment.
- Any concerns regarding your whitening results.
- Professional Teeth Whitening Near You

Opalescence™ Boost is one of the most effective professional teeth whitening treatments available, helping patients achieve a brighter, more confident smile safely and efficiently. If you have any questions about your treatment or maintaining your results, our team is happy to help.

Your brighter smile starts today! 😄✨