

Teeth Whitening Aftercare

Getting a Result That Lasts

Whitening is safe and effective when it's done in the right order — the most common problems (uneven results, gum irritation, sensitivity that lingers) usually come from skipping a step, not from whitening itself.

Follow the Timing, Don't Improvise

Stick to the recommended wear time and frequency, whether you're using in-office whitening or custom take-home trays. Leaving gel on longer than instructed doesn't whiten faster — it mainly increases the odds of gum irritation and sensitivity without meaningfully better results.

Managing Sensitivity

Mild, temporary sensitivity to cold is common during a whitening course. A desensitizing toothpaste in the days before and during treatment helps most patients, and spacing out sessions (rather than whitening every single day) gives your teeth time to recover in between.

The First 24-48 Hours Matter Most

Tooth enamel is more porous right after whitening, so staining foods and drinks (coffee, tea, red wine, dark sauces) and tobacco have an outsized effect during this window — avoiding them for the first day or two helps your result last.

Making It Last

Results fade gradually as you're exposed to staining foods, drinks, and tobacco over time — a touch-up every several months to a year keeps results looking fresh without redoing a full treatment.