



GP Dental

excellence in dental care

ZOOM! IN CHAIR BLEACHING INSTRUCTIONS

- Active disease should be treated prior to bleaching to minimise sensitivity and achieve optimal results. Complex treatment with aesthetic considerations should be completed after bleaching so that a correct colour match can be obtained.
- The colour will stabilise over the next few days.
- Sensitivity is commonly experienced as a result of bleaching. You may wish to switch to a sensitive tooth paste during this time.
- Your dentist may provide you with a desensitising agent called Tooth Mousse to use in the period following bleaching. If the sensitivity is bothersome, place a tooth paste-sized amount of Tooth Mousse onto your finger and smear directly over your teeth. Spit out the excess but do not rinse out. Use this before bed to soak into the teeth overnight.
- Continue to use the tooth mousse in this manner for 2 weeks following bleaching. The sensitivity is temporary and will subside shortly following the bleaching process. **Do not use Tooth Mousse if you have a milk protein allergy.**
- For best results, stick to a “white diet” for the week following bleaching i.e. avoid foods, drinks and habits that are known to stain the teeth (e.g. curries, dark sauces, red wine, tea/coffee and smoking).
- Bleaching is not a permanent procedure and will depend on individual diet, lifestyle and hygiene factors.
- Regular dental hygiene appointments for teeth cleaning and polishing will help to maintain the colour of your teeth.
- If you have any questions or concerns please contact the surgery

Enjoy your new smile!

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