

How to Maintain your Tooth Whitening

As with all treatments, tooth whitening requires maintenance to keep the bright white result you initially obtain. Lifestyle and maintenance has a big effect on how long the result will last so we have included some guidance below.

- ∂ Keep your whitening trays in the box provided or on the models to prevent damage and use these to top up as and when you feel necessary to brighten your teeth back up.
- ∂ Whitening gel is sold in individual syringes from the practice. When you require a new syringe for top up you will be asked to attend a free tray check to ensure your whitening trays still fit accurately to ensure the best and safest results from your top up treatment.
- ∂ Limit heavily staining food and drinks such as black coffee, red wine, beetroot, Tumeric etc. A diet high in these will cause staining and discoloration to occur quicker. If you do like to drink a lot of these try using a metal straw to avoid swishing them around your teeth.
- ∂ Use whitening toothpaste a few times per week (unless you suffer with sensitivity). Whitening toothpastes do not whiten your natural teeth but they help to reduce the amount of day to day staining that builds up.
- ∂ Regular visits to the Dental Hygienist to remove the build up and stain that occur.
- ∂ Following a good Oral Hygiene regime by brushing at least twice a day with fluoride toothpaste and cleaning in between your teeth daily with either floss or interdental brushes.
- ∂ If you smoke consider quitting or cutting down to prevent the stain build up on your teeth.

***For any queries or more advice
please contact the team on
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