



Kevin Rynn
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Teeth Whitening Aftercare and Maintenance Information

How often should In-Office Teeth Whitening be done?

Once a year to once every 1 1/2 years between whitenings should be enough especially if you are actively working to prevent the buildup of stains by using whitening toothpaste and whitening mouthwash. If you want to be extremely diligent about preventing stains from building up you could do your in-office whitening right after your routine dental cleaning with your dentist every six months.

Teeth Whitening Aftercare

There are several products that can be used to help with sensitivity after an in-office or at home whitening if needed.

Vitamin E oil can help with gums that are irritated. Medicated lip balm such as **Blistex** can help with irritated lips.

Sensitivity on teeth can be helped with sensitive toothpaste such as **Sensodyne** which has potassium nitrate to help with sensitivity. Oral analgesic gel such as **Orajel** which has benzocaine can help relieve tooth pain and irritated gums. A pain reliever such as **Advil** which has ibuprofen or your preferred pain reliever could also be taken to help with pain. Cooler air can aggravate sensitivity on the teeth. Sometimes barometric pressure changes such as when there is a thunderstorm can increase sensitivity after whitening teeth. The good news is that any tooth discomfort should subside within 24 hours on its own without having to do anything so I recommend not using any pain relieving products unless you feel that it is necessary. (Make sure to read the label on each product and follow the directions on the correct usage of each product. Please consult with your doctor first if you have any concerns with using any of these pain relieving products.)

Teeth Whitening Maintenance

Watch staining food / drink intake for 24-48 hours after in-office or at home whitening. Remember the white t-shirt rule of thumb of if it stains a white shirt then it'll probably stain your teeth. If you have undergone a teeth-whitening procedure, it shows that you place great care on your personal appearance. And if you've gone to all the trouble of having your teeth whitened, you obviously wouldn't want to lose all that whiteness again. You would take all the necessary steps to maintain the whiteness of your teeth. After all, a teeth whitening procedure is a long-term investment that should be maintained. Otherwise, you'd have to invest time and money once more to get your teeth white again.

So how exactly can you maintain your teeth after undergoing a teeth-whitening procedure?

* Rinse your mouth or brush your teeth each and every time you finish eating a meal. Use antibacterial mouthwash or toothpaste that has whitening properties. The quickest way to lose the whiteness of your teeth is to leave them stained and discolored by the foods you eat. The longer these foods stay in your mouth, the quicker they'll affect the color of your teeth.

* Use toothpaste that has teeth whitening properties. Use it regularly (after every meal) and you can be fairly certain that you'll have white teeth for a long period of time. A toothpaste with whitening properties helps prevent the teeth from getting stained and discolored.

* If you have drinks that stain teeth, you could drink with a straw. The straw will help prevent your teeth from staining because the drink will bypass your teeth. Of course, if you can live without drinks that stain teeth, this would be a much better way to keep your teeth white.

Treat teeth whitening as an investment. You don't want to lose it by neglecting to take the necessary care towards maintaining your teeth.

Recommended Toothpastes for Whitening - Colgate Optic White or Crest 3D White.

Recommended Mouthwashes for Whitening - Colgate Optic White or Crest 3D White.

Recommended Toothbrushes for Whitening - Colgate Optic White or Oral-B 3D White.

Other Teeth Whitening Products

I carry lots of at home teeth whitening products at extremely competitive prices so let me know if you are ever in need of anything. If there are any other teeth whitening products that you are interested in that I don't have but you would like me to offer, please let me know and I will work to keep them available in stock for you as well.

Hair & Skin Recommendation - Sola Salon

While you are in Sola Salon, I highly recommend stopping by one of the other studios. There are many hair stylists and all of them do amazing hairstyles at very affordable prices. Also there are aestheticians that do amazing work on skin at very affordable prices.

Dentist Recommendation - Dr. Scottie Nguyen DDS

If you are in need of a dentist, I highly recommend Dr. Scottie Nguyen DDS. His rates are reasonable, he listens to your questions and explains everything in thorough detail. He is very detail oriented, awesome at the work that he does and has a very impressive very modern office with luxurious amenities. He is located at 5588 State Highway 121 Suite 200 Plano, TX 75024. His telephone number is (214) 618-0813 and his website is www.cissdental.com

Feedback

As the #1 place in the world for teeth whitening having the best results, lowest price and 100% customer satisfaction; your feedback has been extremely important to me. Thank you for all of your extremely kind reviews and compliments. I am extremely grateful and I appreciate it so much.

If for any reason you are unsatisfied with your results or visit please contact me first so I can make things right for you.

If you are satisfied and would like to share your experience online please feel free to leave a review on Google, Yelp, Genbook or any other review website. Thank you again so much

Please contact me anytime if you ever have any questions about teeth whitening.

Thank you again for your business.

Sincerely,



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