Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Teeth whitening and internal bleaching

Covers: In-office whitening, take-home whitening trays and internal bleaching of a single darkened tooth.

Before your visit

- Have a dental exam first. Cavities and gum problems should be treated before whitening.
- Tell us if your teeth are sensitive. Using a sensitivity toothpaste for a couple of weeks beforehand may help.
- Crowns, veneers, bonding and fillings do not whiten. Your dentist will talk with you about timing if you plan to replace any of them.
- Whitening is not recommended during pregnancy or breastfeeding. Tell us if either applies.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Right after in-office whitening

- Wait about 30 minutes to eat, drink or use tobacco, then gently brush or wipe your teeth, unless your dentist tells you otherwise.

What's normal

- Tooth sensitivity or brief "zings" for a day or two.
- Gums that look slightly white or feel irritated where gel touched them. This usually fades within hours.

Keep your result

- For the first 48 hours, or as your dentist advises, limit coffee, tea, red wine, cola, berries, soy sauce, tomato sauce, curry and tobacco.
- Rinse with water after dark foods and drinks.

Comfort

- Use a sensitivity toothpaste. Avoid very hot or cold foods and drinks for a day or two.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

Take-home trays

- Use only the gel we provide, in the amount shown, for the wear time your dentist recommends. More is not better.
- Wipe away any gel that gets on your gums.
- If sensitivity is strong, skip a day or two and call us.

Internal bleaching

- The tooth has a temporary filling between visits. Avoid biting hard foods with it and keep every follow-up visit.

When to call us

Call us at (972) 290-0903 if you have:

- Sensitivity that is severe or lasts more than a few days
- Gum irritation that does not fade
- A temporary filling comes out after internal bleaching

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
https://www.bellafamilydental.com/patient-care-instructions/teeth-whitening/
Bella Family Dental · (972) 290-0903 · v5 · Nov 2026