



 Seapoint Clinic

Teeth Whitening

AFTERCARE & INSTRUCTIONS

Welcome to Your Teeth Whitening Journey

Congratulations on taking the first step towards a brighter, more confident smile with Seapoint Clinic! Whether you're preparing for a special occasion, aiming to improve your oral hygiene habits, or simply investing in your first impression, we're thrilled to support you on this journey.

At Seapoint Clinic, our patient-focused approach ensures that your smile is restored using the safest and most effective modern methods of care.

As we age, our teeth naturally lose their protective enamel coating, revealing the more yellow dentin beneath. This process can be accelerated by habits like smoking or consuming coffee, tea, or red wine, which lead to staining.

These stains not only affect your confidence but can also contribute to plaque buildup, impacting overall oral hygiene.

Our custom-made whitening trays are designed to fit your unique tooth structure, providing a reliable and effective whitening experience from the comfort of your home.

The Benefits of Teeth Whitening

- 1 Boosted Confidence:** A brighter smile enhances your self-esteem, making social and professional interactions more enjoyable.
- 2 Youthful Appearance:** Whitening can reverse the natural yellowing of teeth, giving you a more youthful look.
- 3 Improved Oral Health Awareness:** The process encourages better oral hygiene habits, supporting long-term dental health.
- 4 Enhanced Aesthetics:** A whiter smile complements your overall appearance, aligning with the natural colour of your eyes for a harmonious look.

Not sure what to expect?

We use a professional-grade whitening gel that safely lifts stains from your teeth, revealing a brighter smile over time. The process is gradual, allowing you to control the shade of your teeth while minimising sensitivity. You'll wear your custom trays for several hours each day, typically overnight, and you may notice results within a few days.

Teeth Whitening Instructions and Aftercare

Before You Begin

Before bleaching, ensure your teeth are thoroughly cleaned. We recommend using a toothpaste for sensitive teeth, such as Colgate ProRelief, to minimise discomfort during the process.

Applying the Bleaching Gel

Apply the bleaching gel sparingly – less is more. Place a small dot of bleach only on the cheek side of the inside of the tray. Do not overfill, as this will not speed up the process and may increase tooth sensitivity. Focus on the teeth visible when you smile to conserve material. It's best to insert the trays before bed to get accustomed to them. After placing the trays, remove any excess gel with a tissue or your finger. Leave the trays in overnight or for 3–4 hours per day, as the active ingredient works for at least 4 hours.

Managing Sensitivity

You may experience temporary sensitivity during bleaching. To reduce it:

- 1 | Apply Colgate ProRelief toothpaste into the tray and wear it for 30 minutes before bleaching to calm the nerves.
- 2 | If sensitivity persists, leave Colgate ProRelief in the tray overnight until the issue resolves. Simple painkillers like paracetamol can also help.
- 3 | You may continue bleaching even if sensitivity occurs.

Achieving Your Desired Shade

Once you're happy with the color, continue bleaching for a few more nights to "overbleach" by a shade. This ensures the color settles at your desired level. Teeth look most natural when they match the whites of your eyes – use this as a guide. On average, bleaching takes 1–2 weeks of nightly wear (minimum 7 days, maximum until you're satisfied). If you run out of bleach, refills are available for purchase.

Tray Care

Your trays are essential for minimising bleach usage. Store them safely in their box when not in use, and keep them away from hot water. Clean them with toothpaste and water. If plaque builds up, soak the trays in Milton solution for an hour.

Long-Term Maintenance

Maintain your results by topping up the whitening every 4–6 months using your home kit for 3–4 nights. Zoom laser whitening can be done annually if needed. A white diet is essential during all whitening periods.

White Diet Guidelines

During whitening, the protein pellicle layer on your teeth is removed, taking 24 hours to fully reform and restore its protective barrier. Avoid staining substances during this critical period to prevent discoloration and ensure the best whitening results.

Wondering which foods are best to avoid?

DOs: Recommended Foods

- 1 | Drinks:** Milk, water, clear drinks, white wine, hot water with lemon
- 2 | Fruits:** Bananas, apples, pears, green grapes, honey melon
- 3 | Bread:** Bread, flour tortillas, rolls, crackers
- 4 | Oats:** Porridge, cream of wheat, cereals
- 5 | Dairy:** Plain yoghurt, white cheese, sour cream, cottage cheese
- 6 | Grains:** Rice, potato
- 7 | Pasta:** Plain pasta with white sauce
- 8 | Meat:** Turkey, chicken, pork chops, fish, rashers, sausages
- 9 | Salads:** Chicken Caesar, tuna, hummus
- 10 | Soup:** Leek and potato, cream of chicken
- 11 | Others:** White chocolate
- 12 | Vegetables:** Cauliflower, peas, sweetcorn, celery, onion

DON'Ts: Items to Avoid

- 1 |** Red wine, cocktails, dark colas, coloured smoothies/shakes, dark protein shakes
- 2 |** Coffee, tea, herbal tea
- 3 |** Curry, bright-coloured berries and fruits (e.g., oranges, strawberries)
- 4 |** Tomatoes, beetroot, red peppers, carrots
- 5 |** Soy sauce, mustard, ketchup, red sauces (e.g., lasagne, pizza)

- 6 |** Chocolate
- 7 |** Smoking
- 8 |** Lipstick
- 9 |** Anything that could potentially stain a white shirt

Next Steps

To keep your smile sparkling, book your next appointment with our Dental Hygienists to remove general staining and prevent cavities and gum disease. We recommend visiting every 3–6 months.

Contact Us

Email:

info@seapointclinic.ie

Phone:

01 284 2570

Opening Hours:

- Monday: 08:00 – 17:00
- Tuesday: 08:00 – 19:00
- Wednesday: 08:00 – 19:00
- Thursday: 8:00 – 19:00
- Friday: 08:00 – 17:00
- Saturday: 08:00 – 14:00
- Sunday: Closed