

How long do the effects of teeth whitening last? - Smile Solutions

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that lightening persists, but shades of yellow and red can return. Studies of in-chair whitening effects Many follow-up studies of whitening treatments performed in the dental chair have also shown that teeth are still lighter two years after treatment but are not as white as immediately after treatment. The general consensus is that use of an activation light can reduce treatment time overall but it does not extend the duration of the whitening. Studies comparing home and in-chair whitening The studies that compare at-home and in-chair whitening show a similar rate of colour rebound after the two processes, regardless of the length of initial treatment. This holds true for 45 minute in-chair whitening, 10 day home whitening and 4 week home whitening. Factors affecting longevity of results The duration of your results can be affected by your original shade, dental health, previous experience with whitening, diet and smoking. The main factors that you can control are dental health, diet and smoking. Dental health issues can be identified and prevented with regular check-ups and cleans. Most studies looking at the effect of drenching teeth in coloured liquids suggest that red wine, cola and tea are worse than coffee for changing the colour of your teeth. Smoking can change the internal colour of teeth, but also (more noticeably) will usually leave an external stain, which can only be removed by dental prophylaxis (performed by a hygienist or dentist). Maintaining your results Aside from maintaining your dental health, having a healthy diet, and avoiding smoking, there are some other things you can do. Touch-ups of in-chair whitening can be performed after a minimum of 12 months or by using shorter courses of home whitening. Additionally, some studies suggest that hydrogen peroxide mouth rinses or whitening toothpastes may recover the whitening effect following staining. As with all dental treatments, it is best to speak with a dentist face-to-face about the suitability of these options in your particular case. Is it safe? Whitening is a chemical process that breaks the carbon bonds that give tooth enamel its yellowish tinge. Once these bonds have been broken they no longer reflect the colour yellow and this makes the teeth look whiter. Whitening is generally safe and when used in the correct way can produce very satisfying results. However, if you choose the wrong treatment – or a suitable treatment is applied incorrectly – then you can risk damaging your teeth. Some of the side effects of whitening can be damage to and blistering of the gums, tooth sensitivity, and irritation and possibly bleeding in the oesophagus and stomach if the bleaching agent is swallowed. It is also important to know that crowns, veneers or fillings will not change colour after whitening, so you could end up with “multicoloured” teeth. Without professional assessment, it is not possible to rule out any permanent side effects or other risks associated with whitening. Things to avoid pre and post whitening are smoking; drinking tea, coffee and red wine; eating highly coloured foods; and using mouthwashes. All of these can stain the teeth, reversing the effectiveness of both home whitening and in-chair whitening. Your dentist will advise you when it's appropriate to resume any of the above (although smoking is to be avoided at all times due to the overall health risks). Ultimately, the only way to maintain your teeth whitening and general health of your teeth and gums is to see your dentist and hygienist regularly – ideally every six months. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is

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