

**Can I use whitestrips if I have a dental work?**

Crest 3D Whitestrips will not harm dental work including veneers, caps, fillings, partials, gold, composite bonding, laminates or any other restorations. However, they will also not whiten these types of dental work. The Whitestrips only work to whiten natural teeth, so if you have any dental work on any front teeth, you may see noticeable color differences between the whiter teeth and dental work when using this product.

Do not use if you have dental braces, and we recommend speaking to your dentist before using Crest 3D Whitestrips if you wear a retainer or have had a root canal. If you need any dental work, have dental work or are experiencing any staining from medication, we advise consulting your dentist to determine if using Whitestrips is appropriate.

**Can I use it if I have cavity or gum disease?**

We do not recommend using Crest 3D Whitestrips if you have an unfilled cavity or gum disease (periodontal disease). Check with your dentist before using any whitening product if you need dental work or treatment for periodontal disease.

**Can I use it after the teeth has been professionally cleaned?**

We recommend waiting a few days after professional teeth cleaning to use Crest 3D Whitestrips in case your teeth and/or gums are sensitive to avoid further discomfort. We also suggest checking with your dentist before use.

**Can I use whitestrips on backteeth?**

We do not recommend using Crest 3D Whitestrips on your back teeth because the strips are specially designed to fit front teeth — the teeth shown when you smile. If you use Whitestrips on the back teeth, the strips may become loose and eventually fall off during the wear period as a result.

**Will Crest remove fluoride stains?**

Teeth with tetracycline stains may not whiten as well as teeth with yellow stains since most dark or blue-gray teeth stains are caused by certain medication taken during tooth development and are deep within the tooth and the enamel surface. We recommend consulting your dentist if you have tetracycline stains.

No data is currently available on the effectiveness of Crest 3D Whitestrips on teeth with fluorosis stains. If you have this type of tooth stain, consult your dentist before use.

**Are there any side effects?**

You may experience tooth sensitivity or gum irritation after using Crest 3D Whitestrips. Make sure to use the product as directed to limit chances of these occurring. If you do experience any tooth sensitivity, try [Crest 3D Whitestrips Gentle Routine](#), which are carefully formulated to be gentle on teeth that may be sensitive to whitening.

**Can I use them back to back?**

Yes, Crest 3D Whitestrips do not harm tooth enamel and are safe to use, so you can use one pack right after another. With that said, Crest 3D Whitestrips will whiten teeth for at least six to 12 months, so we recommend using Whitestrips twice per year to maintain a whiter smile. If you feel you are not seeing desired results, we suggest trying [Crest 3D Whitestrips Professional Effects](#) or consulting a dentist.