

Post Whitening Instructions

Congratulations on your whiter, brighter smile! We're sure you will want to do everything you can to protect it. Here are some helpful hints:

For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any food or beverage that would stain a white blouse.

This would include:

- *Red Wine
- *Red Meat
- *Soy Sauce
- *Coffee and tea
- *Berries or other dark fruits and fruit sauces
- *Tomatoes and tomato sauces/juices
- *Dark vegetables
- *Colas
- *Foods containing dyes or artificial colorings

It is normal for some people to experience minor tooth sensitivity for 1-3 days after the procedure. To minimize this, you may want to avoid excessively hot or cold foods and beverages. With the approval of your doctor, you may want to take a mild analgesic. If you experience any prolonged sensitivity lasting more than a few days, you should contact us.

All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, avoid tobacco and minimize your use of staining foods and beverages. We can help you determine what, if any, maintenance program you should follow.

Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile.

Enjoy!