



POST-OP INSTRUCTIONS

WHITENING

It is important to follow these instructions to promote comfort and proper adjustment to whitening treatment.

SENSITIVITY

Your teeth may be sensitive to temperatures or pressure for a temporary period following this procedure and is normal. If the symptoms don't subside after a few days, we recommend using a desensitizing toothpaste. If extreme sensitivity, we may discontinue or modify treatment.

SORENESS

If you experience soreness, tenderness or whiteness around your gums after the procedure, rinse mouth with warm salt water - 1 teaspoon/glass 3-4 times a day for a couple of days. These symptoms should decrease over the next day or two following treatment, but if it persists or if extreme soreness, we may discontinue or modify treatment.

STAINING

It is recommended to stay away from the following foods, liquids and substances immediately following treatment for at least 48 hours to maximize the effects of whitening:

- Tea and coffee
- Tobacco products
- Red wines
- Sodas
- Berries
- Colored sauces
- Colored condiments

MAINTAINING WHITENING

- Brush and floss regularly at least 2 times a day
- Follow instructions provided for your take home custom whitening trays
- Follow up with your dentist/hygienist as recommended for maintenance and progress visits
- Be aware that only natural teeth whiten, but old fillings and restorations do not – restorations may need to be replaced after completion of whitening first

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- Severe soreness or sensitivity in the teeth or gums area