

# POST-OP INSTRUCTIONS WHITENING

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## **YOU JUST HAD YOUR TEETH WHITENED. THIS IS WHAT YOU MAY FEEL:**

- Some sensitivity is normal for a few days following your treatment. You may use a toothpaste containing extra fluoride (like Sensodyne) for a few days until the sensitivity subsides. You may also take a pain reliever like Motrin or Tylenol if needed. The sensitivity will go away in a few days.
- Some soft tissue irritation may occur on gums or lips. Use petroleum jelly for a few days and this will disappear.

## **FOR THE NEXT 48 HOURS:**

Please try to avoid dark staining substances such as:

- Coffee/ tea
- Soy Sauce
- Red Wine
- Berries
- Tobacco
- Red Sauces
- Mustard/ ketchup
- Cola

## **WAYS TO MAINTAIN YOUR SPARKLING SMILE!**

- Avoid Stain related habits
- If you must indulge in staining habits, rinse your mouth out immediately afterwards.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris between teeth, and tongue cleaning.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum, and determine need for whitening touch-ups