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CARE INSTRUCTIONS

After In-Office Whitening

Immediately after teeth whitening the surface of your teeth becomes temporarily dehydrated, this makes your teeth more susceptible to pick up pigments and staining. Your teeth will continue to whiten after the in-office procedure is finished. During the first 24-48 hrs, it is recommended to avoid any dark drinks and foods that may reduce the effectiveness and results of the whitening procedure you just received.

We recommend during the first 24-48 hrs that you avoid dark drinks or foods for, such as:

Red wine	Dark tea	Coffee
Dark/colored colas	Red sauces	Mustard or ketchup
Blueberries	Curries	Soy sauce
A-1 sauce	Smoking	
Anything that would stain a white shirt		

Examples of white and clear foods you may consume for the next 24-48 hours:

Milk, water, clear soda	Bananas, apples(no peel)
White bread, flour tortillas	Oatmeal, cream of wheat
Plain yogurt, white cheese, sour cream	Cottage cheese
White rice, baked potato	Plain pasta and white sauce

- Whitening works best on yellow stained teeth. Gray teeth are more difficult to whiten, may take longer or may not respond to treatment. A few cases may require porcelain veneers to achieve the desired result.
- Long term results vary from patient to patient. The longevity of the in-office whitening results can depend on many factors such as coffee, tea, wine, cola consumption, smoking, etc.
- You may experience tooth sensitivity after the procedure. This usually passes a few days after treatment is completed, you may take Acetaminophen (Tylenol) or Ibuprophen (Motrin) as you would normally use for a headache. If the sensitivity is severe or persists for more than 2 days, contact our office.
- At Home Whitening trays will be needed to maintain/ touch-up your new color. This could be once a month or once every six months. Depending on your habits (smoking, coffee, etc). Touch-ups should require only wearing the trays once or twice to bring back the brightness.
- If you have any questions please call our office.