



Post In-Office Whitening Instructions

After your in-office whitening there are important factors to consider maximizing your results.

For the next two days try to avoid staining foods and drinks such as:

- Coffee or tea
- Smoking
- Dark sodas
- Red wines
- Red sauces
- Berries

Other ways to maintain your whitening:

- The use of automated tooth brushes
- Regular dental hygiene visits
- Good oral hygiene care

You may experience some sensitivity after your procedure. This will subside within 24 to 48 hours. Ibuprofen is recommended for any sensitivity you may develop.

Please do not hesitate to call if you have any questions.