

HOME CARE INSTRUCTIONS AFTER WHITENING

- For the next 48hours dark staining substances should be avoided, such as, red wine, dark soda, coffee, tea, ketchup, salsa and other red sauces, and tobacco products.
- You may experience some tooth sensitivity after the whitening, you may take Advil or Tylenol
- Brushing with sensitive tooth paste, such as Sensodyne, is recommended
- For whitening touch ups, if your teeth are not too sensitive, try bleaching few more times with the take home bleaching kit.
- If you have any further questions, please contact our office as soon as possible.