PURE SMILE

8000 SW 117th Ave, Suite 100
Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

After your teeth whitening

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- Tooth sensitivity: it happens to many people early on and is usually mild and temporary.
- With take-home trays it may start 2 to 3 days in and usually goes away by the fourth day after you finish.
- Gums can get irritated if the gel touches them or the tray rubs. It goes away after treatment.

If you have sensitivity

- Use a toothpaste for sensitive teeth every day.
- You can take a break and try again later: let us know.
- Have your drinks lukewarm while it lasts.

Take-home whitening with trays

- Use exactly the amount of gel and the time we told you.
- Do not use it more than directed: it can damage enamel and gums.
- If gel squeezes out of the tray, wipe it off your gums with a cotton swab or a soft brush.
- Treatment takes a few days to a few weeks, depending on your case.

To keep your results

- Coffee, tea, red wine and tobacco stain teeth: limit them.
- Brush twice a day with fluoride toothpaste and keep up with your cleanings.
- Remember: whitening does not change the color of crowns, veneers or fillings.

Call us if...

- Sensitivity is severe or does not improve a few days after you finish.
- Your gums stay irritated or you get sores.
- The tray hurts or does not fit well.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA). It does not replace your dentist's instructions.