

Pre-whitening guidelines

The day of your whitening, brush your teeth **ONLY** in the morning.
Brush gently in a circular motion, and avoid brushing your gums, which can cause irritation.

If necessary, you may use mouthwash and **CAREFULLY** floss your teeth prior to your appointment.

Eat before your appointment because you will be required to neither eat or drink (anything other than water) for 2 hours following whitening.

Please be prepared to avoid all dark drinks and foods for 24 hours after your whitening.

After-care guidelines

Drink water for the next two hours to decrease sensitivity.

DO NOT eat or drink anything other than water for the next two hours.

Do not smoke or chew tobacco for at least two hours.

Avoid **ANY** dark-colored foods and drinks for 24 hours following your whitening. (You may purchase Tooth Sealant at the end of your service to skip avoiding foods with color)

NO: coffee, tea, soda, kool-aid, red wine, red meat, tomato sauce, dark-colored vegetables.

YES: water, white wine, white chicken, pork, turkey, fish, noodles, white sauce, white cheese, potatoes, etc.

Next 48 Hours: brush very gently with **WHITE** toothpaste (preferably non-whitening and without baking soda). **DO NOT BRUSH GUMS.**

Any sensitivity is usually resolved within 24 hours. You may purchase our desensitizing gel or use OTC pain relievers.

Maintaining your smile

The best way to maintain a white smile is to avoid habits that stain them (coffee, red wine, tobacco) but our home maintenance kit is a good second option!

Additionally, ask about our 20-40-minute maintenance sessions and the best whitening regime for you!