



In Office Whitening Post Operative Instructions

At today's visit you had in office whitening done. Your comfort is extremely important to us. These are some of the things that you may experience:

- ◆ Some tooth sensitivity may be experienced and is not uncommon, please use the prescribed fluoride toothpaste.
- ◆ White tender tissue is a result of whitening material irritating the gum tissue. The tissue will heal over the next several days.
- ◆ For the next 4 days you should avoid dark staining substances such as coffee, tea, tobacco products, cola, red wine, berries and red sauces.
- ◆ To help maintain your *sparkling* smile we suggest you avoid staining related habits and use an automatic toothbrush.
- ◆ Continue to schedule your dental hygiene appointments and determine the need for whitening touch-ups in the future.