



HolidaySmiles

Whitening Post-Op Instructions

You have just experienced a revolutionary tooth whitening treatment. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

Immediately post whitening

Some postop sensitivity is normal for a few days following your treatment. You may use an anti-sensitivity toothpaste of your choice or a fluoride rinse until the sensitivity improves. You may also take Advil/ Tylenol as you would for a headache if needed.

The Next 48 Hours

Avoid staining substances such as:

- Tobacco Products
- Colored Lipsticks
- Coffee/Tea
- Red Wine
- Tomatoes/ Tomato products
- Soft drinks
- Mustard/Ketchup
- Berries
- Soy sauces/ red sauces
- Colored Mouth rinses

How to maintain your new white smile

Avoid stain related habits, or rinse immediately after participating in stain related habits. Practice good oral hygiene daily, such as brushing, flossing, rinse, and tongue cleaning. Regular professional cleanings are imperative in order to maintain oral health, keep staining to a minimum, and determine the need for whitening touch ups.

If you have any questions, please call us at 423-756-4448.