



Post-Operative Care Instructions:

Professional Teeth Whitening

The next 48 hours are very important in enhancing and maximizing your whitening results for a longlasting, bright, and healthy smile!

For the first 48 hours after your whitening appointment:

Avoid any dark foods or drinks that might stain a white shirt, as those could also stain your teeth.

Examples include:

- Coffee or Tea
- Cola
- Tobacco Products
- Mustard/Ketchup
- Red Wine
- Berry Pie
- Red Sauces

If you have sensitivity following today's procedure, over the counter pain relievers may be taken.

Additional ways to maintain your bright smile:

- Limit the items listed above
- Brush your teeth or rinse your mouth immediately after eating/drinking anything that could cause staining
- Use an electric toothbrush morning and night to thoroughly clean your teeth
- Floss your teeth at least once a day
- Keep your regular dental appointments for cleanings and professional polishing
- Plan touch up whitening visits every 3-6 months or as often as you feel you need them
- Ask your hygienist for the recommended regimen that combines in-office treatments with at-home whitening products to keep your smile looking its best

*Ask about exclusive savings on Whitening Services with a Smile Savers Whitening Membership!

For any questions following Professional Teeth Whitening, please call or text the office at (330) 494-6016