

TEETH WHITENING

PRE-TREATMENT INSTRUCTIONS



Brush and floss your teeth before your appointment.



If you are prone to sensitivity take an Advil prior to your appointment.



Avoid caffeine or staining foods and drinks the day of your treatment.



If you have sensitive teeth, consider using a toothpaste for sensitive teeth for a week prior to your appointment.



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TEETH WHITENING

POST-TREATMENT INSTRUCTIONS



Brush with soft bristle brush and floss regularly.



Use sensitive toothpaste if your teeth become sensitive.



Avoid smoking or tobacco products.



Avoid staining foods and beverages (like coffee, tea, red wine, and dark berries) for at least 48 hours. Maintain a white diet



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