

Teeth Whitening Pre and Post Treatment Instructions

Pre-Treatment:

- 1. Consultation:** Ensure your dentist has evaluated your teeth and oral health before undergoing the procedure.
- 2. Avoid certain Foods/Drinks:** For 24-48 hours before the procedure, avoid dark-colored foods and beverages (like coffee, tea, wine, and tobacco) to reduce the chance of uneven whitening.
- 3. Brushing:** Brush your teeth thoroughly before the appointment. However, avoid overly aggressive brushing that might irritate the gums.
- 4. No Whitening Products:** Avoid using any over-the-counter whitening products or strips in the days leading up to the treatment.
- 5. Take Pain Relievers (if recommended):** Some patients may be prone to sensitivity. Consult with your dentist if you need to take any over-the-counter pain relievers (like ibuprofen) before the procedure to minimize discomfort.

Post-Treatment:

- 1. Avoid Staining Foods/Drinks:** For 72 hours after treatment, avoid consuming dark-colored foods and beverages such as:
 - Coffee, tea, red wine, cola
 - Dark berries or sauces (e.g., soy sauce, tomato sauce)
 - Tobacco products (smoking or chewing)
- 2. Maintain Oral Hygiene:**
 - Brush your teeth gently twice a day using a non-abrasive, whitening toothpaste to maintain results. We recommend you purchase the Perioscience Whitening toothpaste from our office for \$19.95 which contains a high amount of potassium nitrate, along with minerals and vitamins to rehydrate the teeth and minimize sensitivity.
 - Floss regularly to prevent staining between teeth.
- 3. Managing Sensitivity:**
 - Use desensitizing toothpaste (such as one containing potassium nitrate) for several days post-treatment if sensitivity occurs.
 - Avoid consuming very hot or cold foods and drinks until sensitivity subsides.

4. **Hydrate:** Drink plenty of water to keep your mouth clean and free of any residual whitening agents.
5. **Follow-Up:** If your teeth require additional whitening, schedule a follow-up session after discussing with your dentist. Over-whitening can cause tooth damage.
6. **Touch-Up Treatments:** Use an at-home whitening kit such as the Dr. Monica Scheel Teeth Whitening LED Home Kit \$99 once a week or as needed for touch-ups to maintain results.

By following these pre and post treatment guidelines, you can ensure the whitening process is safe, effective, and long lasting.