

## Patient take-home instructions

Congratulations on your whiter, brighter smile! We're sure you will want to do everything you can to protect it. Here are some helpful hints:

1. For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any food or drinks that would stain a white blouse. This would include:
  - Red wine
  - Red meat
  - Curries
  - Soy sauce
  - Coffee and tea
  - Berries or other dark fruits and fruit sauces
  - Tomatoes and tomato sauces/juices
  - Dark vegetables
  - Cola
  - Food and drinks containing dyes or artificial colourings
2. It is normal for some people to experience minor tooth sensitivity for 1-3 days after the procedure. To minimise this, you may want to avoid excessively hot or cold foods and beverages. With the approval of your doctor, you may want to take Ibuprofen tablets to alleviate any temporary dental sensitivity. If you experience any severe or prolonged sensitivity, you should contact your dentist.
3. All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, avoid tobacco and minimise your use of staining foods and beverages. You may want to maintain your teeth whiteness with at-home whitening products from time to time. We can help you determine what, if any, maintenance program you should follow.
4. Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile. Now that you have made an investment in a nicer smile, you may want to take care of any dental problems you have been putting off.

*Enjoy your new smile and give us a call if you have any questions!*