



In Office Whitening Post-Op Instruction

The following instructions have been designed in your best interest to ensure optimal maintenance of the results you have attained from our whitening product.

During the next 48 hour period:

1. Dark staining substances should be avoided, such as:

- ✓ Coffee/tea
- ✓ Tobacco products
- ✓ Mustard or Ketchup
- ✓ Cola
- ✓ Red wine
- ✓ Berry pie
- ✓ Red sauces
- ✓ Soy sauce

ANYTHING THAT MAY STAIN A WHITE SHIRT SHOULD BE AVOIDED!

2. You may experience temporary sensitivity, if this occurs we recommend an over the counter anti-inflammatory medication such as Advil or the generic version, Ibuprofen, may be used. Please consult with your physician to confirm there are no known allergies or contraindications to this type of medication. Desensitizing toothpaste or ACP relief gel (provided to you) may also be applied to the custom trays (if custom trays are provided). The trays are to be worn for 20 minutes prior and/or after the application of any whitening gel. You may also purchase pre-loaded desensitizing trays at our office.

3. There may be some areas that have pronounced white flecks. This is common due to the dehydrating nature of the whitening product. As the teeth re-hydrate the appearance of these white flecks will fade.

4. In order to optimize and maintain your new white teeth, it is recommended that you continue treatment at home with custom trays and NiteWhite gel that may be fabricated following your in office whitening. This is intended to enhance your whitening further and maintain your results.



Take-home whitening trays should be used as follows (if applicable):

- ✓ For 2 weeks following your “In-Office Whitening” appointment, apply NiteWhite gel to your custom fit trays for 4-6 hours anytime of day.
- ✓ Touch-ups can be done at any time following your In Office whitening treatment. We recommend that you keep your hygiene appointments as recommended by your hygienist to maximize the effectiveness of the NiteWhite gel.

For those experiencing excessive sensitivity throughout the process, whitening may be stopped for a couple of days, and then resumed once again when comfortable.

The take home whitening process includes:

- (a) Wearing the custom tray.
- (b) Dispensing the material on your tray as demonstrated by your dental professional. If tray has been over-filled, be sure to remove the excess whitening material.
- (c) Do not eat, drink, rinse, chew gum or smoke with the trays in the mouth.
- (d) After each use, rinse trays with **cold** running water and agitate with fingertips and toothbrush to remove excess gel.

If you require any additional information or have any concerns, please do not hesitate to contact our office at 416-224-0677.