

KONSTANTINOS PROUSSAEFS, D.D.S., INC.
YOUR FAVORITE FAMILY AND COSMETIC DENTIST

Post-Whitening Care Instructions--for in-office Bleaching

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

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|---------------------|------------|-------------|
| *Coffee and/or tea | *Cola | *Berry pie |
| *Tobacco products | *Red wine | *Red sauces |
| *Mustard or ketchup | *Soy sauce | |

If it stains your clothes, it will eventually stain your teeth! Additional ways to maintain your sparkling white smile:

- Avoid staining related habits
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene, including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after your whitening.

You are also welcome to take any type of over-the-counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.

As you know, your teeth are very porous for the first 48 hours after in-office bleaching and that is why we ask you to refrain from staining-type foods. It is also ideal for you to “top off” your bleaching sessions with some take home products; if you did not purchase whitening trays and gel for touch up its an additional \$210.

In summary, the following two things are important:

- Avoid staining-type foods for the next 48 hours
- If your teeth are not too sensitive, try bleaching a few more times with the take home product during the first three to five days after your office visit to maximize your results and attain the whitest shade possible.

If you have any questions, please feel free to call our office at 805-526-8296.

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