

AFTER WHITENING INSTRUCTIONS

- 1** For the next 48 hours, dark staining substances should be avoided, such as: Coffee and/or tea, cola, berry pie, tobacco products, red wine, red sauces, mustard, ketchup or soy sauce.
- 2** Avoid staining related habits.
- 3** Use an automated toothbrush.
- 4** If you have sensitivity in the first 24 hours, utilize the Satin Finish fluoride gel in the trays to cover your teeth and help protect them from sensitivity. Also, over-the-counter pain relievers may be necessary.
- 5** 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 concern or questions, please call 212 759 2955
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