

Teeth Whitening Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

Pre-Care

1. No adverse side effects are associated with our teeth whitening system.
 2. Make sure your teeth have been brushed and flossed before your treatment.
 3. Our teeth whitening products are enamel safe.
 4. It is suggested that individuals under the age of 14 should not undergo this treatment.
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Post-Care

1. We recommend avoiding coffee, tea, red wine, berries, red sauces, and other teeth staining foods and beverages for the first 24 hours after your session.
2. Some people do experience blanching of the gum line, a mild tingling sensation, or sensitivity, all of which typically last no more than 24 hours and can be alleviated by applying vitamin E oil to the teeth and/or gums.