



Post BriteSmile™ Care Instructions

Congratulations! You've just experienced a revolutionary tooth whitening procedure. Your teeth are going to continue to whiten for the next 48 hours. The enamel of the teeth becomes very dehydrated after a professional whitening procedure and they act as a sponge and absorb anything you put in your mouth.

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:

Soy Sauce	Cola	Berries	Tobacco products
Red Wine	Mustard	Ketchup	Coffee and / or tea

Acceptable Foods:

White Chicken	Honey	Sprite	Apples
Alfredo Sauce	Water	Milk	Italian dressing

Additional Information:

- Sensitivity is expected following a whitening procedure. For minimal discomfort take 800 mg of Ibuprofen. If the sensitivity becomes moderate – severe or lasts more than 24 hours, please contact the office.

Additional ways to maintain your sparkling BriteSmile:

- Use an automated toothbrush (Sonicare, Braun Oral-B Triumph) – they are superior to removing surface staining compared to a manual toothbrush.
- Drink dark liquids through a straw (tea, coffee, cola).
- Seek regular professional dental hygiene care to maintain oral health

PLEASE CALL OUR OFFICE (574) 259-8571 WITH ANY CONCERNS OR QUESTIONS