

# Gentle Dental

## INSTRUCTIONS

### Post-In Office Whitening

- Follow instructions from your dental professional.
- If you are a smoker, **do not smoke for 48 hours**.
- **Stay away from highly colored foods** (red sauce, blueberries, etc.) and beverages (coffee, tea, etc.) for 48 hours.
- **Mild sensitivity** to hot or cold liquids may occur. This **usually passes within 1-2 days**. If sensitivity is severe or persists, contact our office.
- If you experience **gum sensitivity do not brush the affected area** while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.).
- “Touch-up” treatments may be needed **every 6-12 months** to retain color.
- Existing fillings, crowns, bonding, etc. **will not whiten**. Therefore, these may need to be changed in order to match your new smile.

**Contact our office at #604-371-0801 if you have any questions.**