



For best results after your Sinsational Smile™ teeth whitening follow the post treatment instructions below.

- ***Avoid dark foods*** such as coffee, tea, red wine, blueberries, curries, marinara sauce, dark sodas or any other dark pigment food or drink. Anything that can stain your Tupperware™, will likely stain your teeth! **AVOID DARK FOOD AND DRINKS FOR 24 HOURS!**
- ***Be sure to use your take-home whitening pen*** the first night after your treatment in-office. Then continue using it once a day, at night. (If used during the day avoid dark pigmented food and drink.) The pen provides 60 applications. Be careful not to overfill the applicator brush! Once it's saturated it will be good for 3-4 uses before having to fill it again.
- ***Follow the home care whitening pen instructions:***
Brush whitening gel onto the teeth and insert the in-office treatment tray into mouth to keep the tongue off the teeth. Relax jaw and lips. After 20 minutes remove tray and rinse it for daily use. Do NOT rinse gel off teeth after treatment, leave remaining solution on for overnight absorption.
- ***Have your teeth whitened with Sinsational Smile™ immediately after each cleaning appointment or sooner if desired.*** Using the home care pen will help maintain the white smile you desire between appointments. Results will vary from person-to-person.

Thank you for taking only 20 minutes to brighten your smile!

