



LASER WHITENING TAKE HOME INSTRUCTIONS

CONGRATULATIONS on completing your Laser Whitening!

Now, that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. The teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during today's laser whitening service. It takes 12 to 24 hours for the barrier to fully develop again.

Here is a list of what you CAN and CAN NOT eat or drink after the procedure. ***You do not want to eat any food with color (anything that would stain a white shirt) for 24 hours after the procedure.***

YOU CAN EAT

Drinks: milk, water, clear soda
Fruits: bananas, apple (no peel)
White bread or flour tortillas
Plain yogurts, white cheese, sour cream
Cottage cheese, white rice, baked potato
Plain pasta and white sauce
Turkey or skinless chicken breast

YOU CAN NOT EAT

Red wine, dark sodas, coffee, tea
Grapes or any fruit with color
Mustard or ketchup
Red sauces
Soy sauce or steak sauce
Red meat (steak or hamburger)
No smoking
No lipstick

You may experience some tooth sensitivity during this period. To prevent this, take 600 mg of ibuprofen (3 tablets of regular Advil or Motrin) every 6 hours for 24 hours. Also, we recommend that you brush your teeth with sensitive toothpaste such as Sensodyne for the next few weeks to help reduce sensitivity. The teeth will get back to normal soon.

If you will be restoring your teeth with crowns, veneers and/or composite then we recommend the following:

NO SENSITIVITY – restore teeth in 1 week

EXPERIENCING SENSITIVITY – restore teeth in 2 weeks

Our team of experts will guide and help you during and after your laser whitening treatment. Please feel free to call us should you have any questions or concerns.

Again, congratulations!