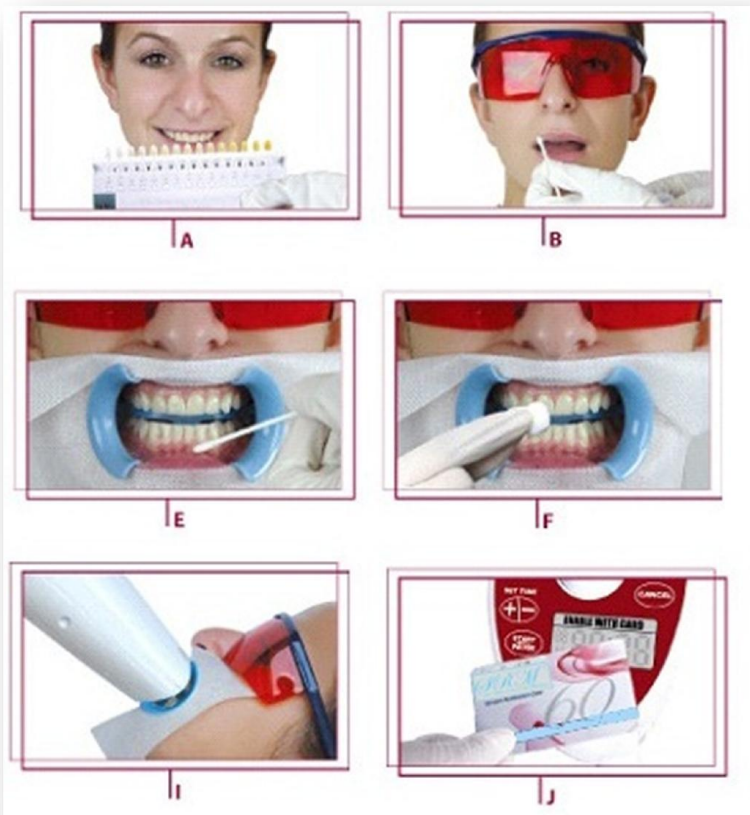


# Post-op Instructions Tooth Whitening And Maintenance



## What to expect after your Whitening procedure

**Tooth sensitivity:** During the first 24 hours following whitening many patients experience sensitivity. This sensitivity is usually mild unless your teeth are normally sensitive. The sensitivity will usually subside within 24 hours. It is advisable to take anti-inflammatory painkillers like Myprodols or Cataflam.

**Gum irritation:** This can be the result of very small amount of gel leaking in under the gum protection and might cause a burning sensation and the gum to appear white. This is a minor problem and will subside within a few hours.

**Chalky effect:** White spots or lines might appear on the whitened teeth. These white areas will blend in within 24-72 hours.



## Your responsibilities

**The crucial 24 hours after the procedure:** Do **not** consume any **coffee, tea, red wine and tobacco** or **ANY** bright coloured foods, drinks or mouth rinses **within 24 hours** after the procedure.

## Maintenance

Continuous care is vital to maintain & prolong the treatment that you have received. Therefore we recommend that you **visit our Hygienist regularly (every 4-6 months)**. All tooth whitening procedures requires maintenance.

Use the maintenance kit and instructions provided 1 to 3 nights every month as soon as the "need" arises, **all depending on your habits**.

★ Refill kits are available at THE DENTAL SPA ★