

- congratulations on getting those pearly whites even whiter! -

Some discomfort and sensitivity is to be expected - simple, over the counter pain medication should ease any discomfort.

The first **48 hours** following our in office professional whitening experience are **vital** to the success of the treatment.

During this period your teeth are **dehydrated** and **more susceptible** to re-staining from dark and/or acidic foods and beverages.

it is best to avoid consuming items:

coffee	tea	cola	red wine
red sauce	soy sauce	ketchup	mustard
tobacco products	balsamic vinegar	berries	

A good rule to follow is if something could stain a white t-shirt, it could re-stain your teeth.

If you cannot refrain from drinking coffee, tea or cola during this period, then try using a straw and rinse with water, or brush immediately after.

After the 48 hour period has past, you may comfortably resume consumption of the items listed above. Keep in mind, these items will stain your teeth and periodic whitening touchups may be necessary.