



## Teeth Whitening Information Sheet

### Pre- treatment

- Retinoic products should be stopped 2 weeks prior to treatment.
- Reschedule your appointment if you have any active infections including active cold sores.
- Teeth whitening should not be performed if you have a partial, bridge, implant, or veneers.

### Post- treatment

- Your teeth may be more sensitive to cold for the first 24 hours.
- Avoid food and drinks that are dark since they may stain your teeth for the first 24 hours.
- You may take Tylenol as needed for discomfort.
- Continue to brush, floss, and use mouth wash.
- Your lips may feel dry so hydrate with a lip hydrator. We have several to choose from in the boutique.

### What to expect

- Results may last weeks to months. A home care product may be used to enhance your results.
- Retreatment may be needed to achieve the desired effect.
- Avoiding tea, coffee, and soda may prolong your results.
- Teeth Whitening is not a substitute for regular dental visits.
- The clinical result varies from one individual to another.