



## **Patient Take-Home Instructions for In Chair Tooth Whitening**

Congratulations on your whiter, brighter smile! We're sure you will want to do everything you can to protect it. Here are some helpful hints:

1. For the first 5 days, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any food or beverage that would stain a white blouse. This would include:
  - Red wine
  - Red meat
  - Soy sauce
  - Coffee and tea
  - Berries or other dark fruits and fruit sauces
  - Tomatoes and tomato sauces / juices
  - Dark vegetables
  - Sodas
  - Foods containing dyes or artificial colourings.
2. It is normal for some people to experience minor tooth sensitivity for 1-3 days after the procedure. To minimize this, you may want to avoid excessively hot or cold foods and beverages. Brush your teeth twice a day with desensitizing toothpaste e.g. Sensodyne. With the approval of your doctor, you may want to take a mild analgesic e.g. Myprodol. If you experience any severe or prolonged sensitivity, you should contact our office.
3. All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, avoid tobacco and minimize your use of staining foods and beverages. You may want to touch up your teeth with at-home whitening products from time to time. We can help you determine what, if any, maintenance program you should follow
4. Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile. Now that you've made an investment in a nicer smile, you may want to take care of any dental problems you've been putting off.

Enjoy your new smile and give us a call if you have any questions.

**For more information about us and our services visit our website:**

**WWW.KROMBOOMDENTAL.CO.ZA**