



## **Professional Teeth Whitening Pre + Post Treatment Instructions**

### **PRE-TREATMENT INSTRUCTIONS**

To achieve the best whitening results, please follow these recommendations prior to treatment:

- Brush and floss your teeth before your appointment.
- Avoid tobacco products on the day of treatment.
- Inform your provider if you have significant tooth sensitivity, untreated cavities, gum disease, or dental concerns.
- A recent dental cleaning is recommended but not required.

### **POST-TREATMENT INSTRUCTIONS**

#### **IMMEDIATE AFTERCARE**

For the first 24-48 hours following treatment, your teeth are more susceptible to staining.

#### **AVOID FOR 24-48 HOURS**

- Coffee
- Tea
- Red wine
- Dark sodas
- Berries
- Tomato sauce
- Soy sauce
- Curry
- Tobacco products
- Colored sports drinks

Follow the general rule:

"If it can stain a white shirt, it can stain your teeth."

### **RECOMMENDED FOODS**

Choose light-colored foods and beverages such as:

- Water
- Milk
- Plain chicken or turkey
- White fish
- Rice
- Potatoes
- Pasta with light sauces
- Bananas
- Cauliflower

### **WHAT TO EXPECT**

- Mild tooth sensitivity may occur and typically resolves within 24-48 hours.
- Temporary gum irritation may occur and generally resolves quickly.
- Whitening results vary based on the degree of staining and individual response.

### **MAINTENANCE**

- Good oral hygiene will help prolong your results.
- Limiting staining foods, beverages, and tobacco use can help maintain a brighter smile.
- Touch-up treatments may be recommended periodically to maintain optimal whitening results.

Please contact D'Vine Medical Spa if you experience severe sensitivity, prolonged discomfort, or have any concerns following treatment.

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