



WHITENING INSTRUCTIONS

We are excited that you have chosen to brighten up your smile! Here are a few tips to consider before you whiten, as well as some guidelines to follow after your whitening treatment is complete.

- Before starting any whitening treatment we recommend that you have a cleaning and examination at TUSK Dental.
- We will prepare you for the whitening by having you brush with Sensodyne toothpaste for one week prior. This toothpaste will help to relieve any sensitivity, which is often a short-term result of professional whitening.
- The team at TUSK Dental will review what foods and beverages to stay away from for the next few days following your whitening treatment. Don't worry it's only temporary!
 - Avoid foods that stain such as red wine, coffee, tea, mustard, blueberries etc.
 - If you do eat or drink one of the above, brush afterwards!
 - After 5 days it is ok to resume normal eating and drinking.
- Brief sensitivity will occur to even the most non-sensitive teeth, but it should not last long. We recommend that you continue brushing with Sensodyne toothpaste and stay away from foods at both extremes in temperatures for the next day or two.
- Whitening results are generally very stable. However, depending on your nutrition and life style habits, bleaching may need to be repeated periodically. Be aware that the more frequently high staining foods and drinks are consumed, the more quickly staining will return. Furthermore, if you are a smoker your teeth will stain a lot quicker.