



DESERT VALLEY DENTAL

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## Post-Bleaching Care Instructions

- 1. If extreme sensitivity continues, take aspirin, ibuprofen, or other anti-inflammatory medication. Sensitivity may be relieved with the use of a sensitivity toothpaste containing fluoride (i.e. Sensodyne, Colgate Sensitive).*
- 2. If sensitivity or discomfort continues for more than 48 hours (which is unlikely), you should return to our office for evaluation.*
- 3. Teeth are susceptible to re-staining following the whitening procedure. You should avoid dark foods & beverages (coffee, tea, grape juice, tomato sauce, wine), and tobacco products which can stain teeth for approximately 48 hours from procedure date.*
- 4. Teeth may be sensitive to acidic products (i.e. fruit juice) during this 48 hour period.*
- 5. Length of whitening results will depend on staining elements teeth will be exposed to after treatment.*
- 6. To maintain lightness, we recommend using an O.T.C. whitening toothpaste (i.e. Crest plus Whitening).*