

# Teeth Whitening Pre/Post Treatment Care

## How Long Does It Last?

Depending on diet, results last 6 months-1year. Foods that have harsh dyes or chemical can cause teeth staining. For example, red wine consumed in excess can cause premature staining.

## How Many Treatments Are Required?

Depending on clients' needs only one session may be necessary. If your client is looking to move 3-5 shades whiter, two back-to back sessions are acceptable in a single office visit.

## Pre-Care

24 hours prior to the appointment, make sure no foods with dyes have been consumed. Make sure you arrive to the appointment with clean teeth. Brushing may be necessary prior to the visit. It's beneficial if you have had a checkup by your dentist one year prior.

## Post Treatment

For the first 24 hours:

- Avoid any dark staining drinks like **Tea, Coffee, Red Wine, & Colored Soft Drinks**
- Avoid all dark staining foods like **Bolognese, Soy Sauce, Red Meat, Chocolate, & Fruit**
- **NO Smoking**
- Avoid colored tooth paste & mouth wash

After the 24 hours has elapsed, make sure to follow up with your dentist for all professional questions & continue to practice healthy oral hygiene

I, \_\_\_\_\_ have read and understand the above information and of my own free will I choose to move forward with my procedure. I acknowledge that not following pre and post treatment instructions may affect my results.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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