

# Post Treatment Instructions:

## First Hour

Drink only water & don't eat anything for the next hour.

## Following 24 Hours

For the first 24 hours after whitening, do not consume food or drinks that are likely to cause stains like - blueberries, tomato, tomato sauces, beets, carrots, red wine, coffee, tea, colas, etc.

## White Spots On Teeth

In some cases you might see white spots on certain areas of one or more teeth. These are typically caused by calcium deposits or very porous teeth. These will normally disappear within 24 hours.

## White Spots On Gums

Should you have any scrapes or cuts on your gums you may see some white spots &/or feel some sensitivity during your whitening session. This is normal & these will normally disappear within 24 hours.

## Sensitivity

A small percentage of people will have minor tooth &/or gum sensitivity. This normally dissipates within an hour. If sensitivity persists, use a toothpaste developed for sensitivity.

## Maintenance

In the months following your session, you want to be sure to take care of your teeth to keep that smile glowing. Using appropriate aftercare, it will ensure that smile keeps shining until the next time you come in. Ask Tori for more details on SunnaSmile aftercare options.