

Aftercare instructions:

Before shade\_\_\_\_\_ After shade\_\_\_\_\_

- Drinking water for the next 2 hours will decrease possibility sensitivity. Avoid any other food or beverages for the next 2 hours.
- Do not smoke or chew tobacco for the next 2 hours.
- Avoid any dark colored food or beverages for at least 24 hours. NO coffee, tea, soda, kool-aid, red wine, tomato sauce, red meat, dark colored vegetables, or anything with heavy color for 24 hours.
- YES, you may have water, white wine, chicken, pork, turkey, noodles, white sauce, white cheese, potatoes, etc... after 2 hours.
- For the next 48 hours you need to brush gently in circular motions with white toothpaste, **DO NOT BRUSH THE GUMS**, avoid using whitening toothpaste and baking soda toothpaste.
- Any sensitivity is typically gone within 24 hours. You may use sensodyne toothpaste or take a mild pain reliever.