



## Aftercare and Whitening Pen Instructions

Tooth stains are caused by what we inhale, eat, and drink. It is important to follow these instructions to maintain and get 2-3 more shades whiter teeth. Results achieved from Professional Cosmetic Teeth Whitening can last up to two years, but it is dependent on your habits.

The first 24 -48 hours are the most important. Teeth whitening can leave the outer layer of the teeth, the enamel is porous and more vulnerable to absorbing stains. Please follow the instructions below for best results.

### **AFTERCARE AND FOLLOW UP**

- **For 1 hour following your treatment you can only consume water.**
- There can be blanching on the gums. If the gums have white spots, apply Vitamin E on the gums and it will go away with in a few hours. If you have receding gums, it may be more likely that this may occur. If burning occurs on the gums, it is most likely due to a pre-existing dental issue.
- White spots on the teeth are normal as the pores in the tooth are being opened. They will go away in a few hours and there is nothing to be concerned about.
- Additional follow up 30-minute treatments can be done in as little as 1 day only if you do not have any burning or sensitivity. It is best to use the Whitening Pen for 7-14 days to continue the whitening process before a follow up treatment. Two (2) to Four (4) treatments per year are recommended to avoid relapse.

### **1. AVOID DARK FOOD AND DRINKS FOR 24-48 HOURS.**

- a. Coffee
- b. Tea
- c. Red Wine
- d. Blueberries
- e. Curries
- f. Marinara Sauce
- g. Dark Sodas
- h. Or any other dark pigmented food or drink.
- i. Anything that can stain a white shirt should be avoided.

### **2. TAKE HOME WHITENING PEN INSTRUCTIONS**

- Store the pen in a cool dry place – The pen does not need to be refrigerated but should not be exposed to heat for a prolonged period of time. The gel is 12% HP
- Saturate pen brush by twisting the base of the pen.
- Brush a thin layer of gel onto the teeth using up and down motion. Insert the tray to keep your tongue from wiping the gel off your teeth. Relax jaw and lips.
- Leave your tray in for 20 minutes, remove the tray and rinse tray and mouth with lukewarm water.
- Use for a minimum of 4-6 weeks daily after brushing to optimize results.
- Nothing to eat or drink for 30 minutes.
- Your take home pen will provide up to 30-60 daily applications if used as instructed. Be careful not to overfill the applicator brush! More is not better!