

Post Treatment Instructions:

First Hour

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

Following 24 Hours

In the first 24 hours after whitening, do not consume food or drinks that are likely to cause staining such as blueberries, tomato, tomato sauces, beets, carrots, red wine, coffee, tea, colas, etc. Brush your teeth thoroughly before bed using half of the mouthwash bottle given in your aftercare bag. Use the other half in the morning after brushing your teeth.

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 & consult with your dentist for a possible underlying condition.

Maintenance

In the months following your session, you want to be sure to maintain your oral health to keep that smile glowing. Using appropriate aftercare will ensure that smile keeps shining until the next time you are in. Please ask for more details on SunnaSmile aftercare options such as whitening aftercare such as toothpaste, mouthwash & whitening maintenance pens!