

McMurphy Family Dentistry

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POST WHITENING TREATMENT INSTRUCTIONS

To maximize whitening, we ask that for the next 48 hours, you DO NOT consume dark or yellow staining substances such as:

All Tobacco Products	Soft Drinks	Mustard
Red Wine	Potato Chips	Ketchup
White Wine	Red Sauces	Soy Sauce
Berries	Coffee	Tea
Avoid Colored Lipstick		

***Remember that you must not use any colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of Chlorhexidine, please wait 48 hours before continuing the usage of this product.

If post operative sensitivity occurs, chew sugarless gum to reduce the peroxide levels, take an Advil or Tylenol, or what you would normally take for a headache.

Additional ways you can help maintain your sparkling BOOST smile is to avoid staining related habits, use an electric toothbrush, floss and have regular professional hygiene visits twice per year to keep your smile its whitest!

Please call our office if you have any questions (228) 207-1548.