



LAGUNA NIGUEL SMILES DENTISTRY

You have just experienced a revolutionary tooth whitening treatment. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes 12 to 24 hours for the barrier to fully develop again. To maximize the whitening, we ask that for the next 48 hours you DO NOT consume dark or yellow staining substances such as:

Tobacco Products

Colored Lipsticks

Coffee/Tea

Red Wine

Tomatoes/ Tomato products

Soft drinks

Mustard/Ketchup

Berries

Soy sauces/ red sauces

Colored Mouth rinses

If your daily hygiene routine involves using Perio RX or Chlorhexidine, please wait 48 hours to use this product again. If post-operative sensitivity occurs, take Advil/ Tylenol as you would a headache if needed. You may also use take home fluoride if needed

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