

# Post Operative Home Care Instructions

## In-Office Whitening

We hope you enjoy your new brighter smile! Your teeth will continue lightening for the next 24 hours.

Your “take home kit” includes your models, your custom trays and your home whitening syringes. Please **wait one week after your treatment** to begin using your home whitening maintenance system.

Please keep your models in a safe place. In the event that you loose or tear your custom trays, we can remake your trays, using the models, without taking new impressions. **YOUR TRAYS MUST BE KEPT SEPARATELY FROM YOUR MODELS.** Always keep your trays in the box provided in your kit.

For the next 24-48 hours, please avoid food or liquids that may stain your teeth, such as colored fruit juice, coffee, tea, mustard and ketchup.

It is normal for your teeth to be a little bit sensitive for the next 24-48 hours.

Please feel free to call the office if you have any concerns.

Carroll Johnston, DDS

