**Post Treatment Instructions**

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

Consume only water for 1 hour after treatment. The next 24-48 hours are critical to successful whitening. Teeth whitening can leave the outer layer of the teeth, the enamel, porous and more vulnerable to absorbing stains. Please follow the instructions below for best results.

Whitening pen is essential to maintaining a white smile and can be used daily. The pen needs to be stored in a cool dry place and cannot be exposed to heat for prolonged period. The whitening pen typically lasts 45-60 days and depends how much gel is used during application. Careful not to overfill the applicator brush. Once it is saturated it can be used for 3-4 sessions before having to fill it again.

1. Avoid dark food & drinks for 24-48 hours
	1. Coffee & Teas
	2. Red Wine
	3. Dark colored fruits such as Blueberries
	4. Curries
	5. Marinara Sauce
	6. Dark Sodas
	7. Or any other dark pigmented food or drink.
	8. Anything that can stain a white shirt should be avoided
2. Whitening Pen Instructions
	1. Brush Teeth (optional)
	2. Saturate pen brush by twisting the base
	3. May take 60 twists before seeing gel in middle of bristles
	4. Brush thin layer of whitening gel onto the teeth
	5. Insert treatment tray
	6. Gently bite down while relaxing jaw and lips
	7. **DO NOT** push against teeth, this will cause gel to get onto gums
	8. Wait 20 minutes
	9. Remove and rinse tray and mouth with warm water
	10. Refrain from eating or drinking (except water) for 30 minutes