



Grand Avenue
Dental Care

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BEAUTIFUL BRIGHT SMILE
PROFESSIONAL TEETH WHITENING

After Treatment Instructions:

The pores of your enamel need time to heal and close post teeth whitening. This takes up to 12 hours. During this critical time, it is important to follow these instructions:

- Avoid spicy, sweet, sour, or citrus foods and drinks for **12 hours**. Avoid foods and drinks with heavy colors for **24 hours**. Ex: *Red Wine, Black Coffee, Dark Sauces, Orange soda*, etc.
- Please use a straw if you do consume any heavily colored drinks in that time.
- Avoid smoking/vaping for **12 hours**.
- Do not brush your enamel for at least **8 hours post whitening**. Your dehydrated enamel will be more aware of the bristles of the toothbrush.
- No mouthwash please during this healing time.
- If any genetic markings become pronounced during the treatment, please be aware that they will fade and return to normal within **24 hours**.
- Wait one week after in office bleach appointment before continuing to bleach at home.
- Please consult with your Beautiful Bright Smile Provider with any questions or concerns. Your teeth will continue to brighten for up to **24 hours post treatment**.