



## BOOST BLEACHING

We hope you're doing well after your Opalescence Boost bleaching appointment. Your ideal whitening shade may not be apparent after the in-office treatment. Your teeth will continue to whiten from the treatment for 24-48 hours after your treatment.

- **For the next 3 days**, use the additional bleach trays the dental assistant gave you to maximize the results of your treatment. If you're experiencing sensitivity, use the desensitizing trays given to you by the dental assistant. If you are too sensitive, reduce the use of the bleaching trays to every other day.
- During this time, avoid foods and beverages that could re-stain your teeth (dark foods and liquids that would stain a white shirt will also stain your teeth). These include:
  - coffee • tea • dark sodas • red wine • tobacco • red sauces • soy sauce • dark berries
- Sodium fluoride in your toothpaste is safe and recommended and okay to use during the bleaching process. However, avoid using any desensitizing toothpastes/products that contain **stannous** fluoride for about two weeks. Stannous fluoride is beneficial for your gums; however, it can cause dark staining on your teeth.
- Avoid smoking during and immediately after whitening treatments. Nicotine leaves brown deposits, which are difficult to remove.
- You may have sensitive white spots on your gums immediately after your in-office whitening treatment. These are temporary and should disappear after a day. If you experience painful burning on your gums while using the take home trays, you may spread a thin amount of petroleum jelly (Vaseline®) on your gums before you insert your trays.
- It is important to continue brushing and flossing to keep your teeth and gums healthy. Use a soft bristle toothbrush and gentle pressure when brushing. Avoid "snapping" the floss on your gums; use a seesaw motion to ease the floss between your teeth. It is recommended you brush twice a day for 2 minutes. Continue to see us for regular check-ups and hygiene appointments.
- For unbearable sensitivity, we recommend taking Ibuprofen (Motrin) or Tylenol. Ibuprofen and/or Tylenol will help reduce hot, cold and pressure sensitivity if taken as directed. You can take both together as directed. Do not use pain medication for more than one week.

**Please call or text us at (707) 963-4611 if you have any questions.**