Young Smiles Family Dentistry

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Tooth Whitening Instructions

1. Watch Your Diet: For the first 24-48 hours after your teeth whitening treatment, avoid foods and drinks that can stain teeth. This includes coffee, tea, red wine, and dark berries.
2. Mind Acidic Foods: Acidic foods like citrus fruits can weaken tooth enamel, making your teeth more susceptible to staining. It's wise to limit these for a few days.
3. No Smoking or Tobacco: If you smoke or use tobacco products, refrain from doing so for a few days. Tobacco can quickly stain your newly whitened teeth.
4. Gentle Brushing: Use a soft toothbrush and non-abrasive toothpaste. Be gentle when brushing to protect the newly whitened enamel.
5. Desensitizing Toothpaste: If you experience tooth sensitivity, consider using desensitizing toothpaste. Your dentist can recommend a suitable one.
6. Rinse after Eating: After consuming stain-inducing foods or drinks, rinse your mouth with water. This simple step can prevent staining.
7. Maintain Regular Oral Hygiene: Stick to your usual oral hygiene routine. Brush at least twice daily and floss once a day to maintain your teeth and gums' overall health.
8. Follow-Up Appointments: If your dentist recommends additional treatments or touch-ups, ensure you schedule and attend these appointments.
9. Monitor Sensitivity: Keep an eye on tooth sensitivity, which may occur but should subside within a few days. Should it persist or worsen, contact your dentist.
10. Balanced Diet: Maintain a well-balanced diet that includes a variety of fruits and vegetables. This not only supports your overall health but also benefits your oral health.
11. Open Communication: If you have any questions or concerns about your whitening treatment, please don't hesitate to reach out to your dentist. We're here to provide guidance and address any issues that may arise.

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Name Date