

BRITESMILE POST-PROCEDURE CARE

It is normal to feel sensitivity after your Britesmile procedure. Sensitivity can last up to 24 hours after the procedure.

We recommend that you leave our office with trays inserted with fluoride gel. Please keep trays inserted for a minimum of 30 minutes, longer if possible. If you have discomfort, you may take any over the counter pain medication that you would normally take for a headache. (Ibuprofen is ideal for tooth discomfort if you have no allergies to Ibuprofen)

We recommend that you avoid the following for 24 hours after your Britesmile

procedure:

Red Wine

Dark Colas

Coffee or Tea

Red Sauces

Mustard or Ketchup

Soy Sauce, A-1 Sauce

Smoking

Anything that would stain a white shirt

White and clear foods you may consume during the 24 hours after your Britesmile

procedure.

Milk, water, clear soda

Bananas, apples (no peel)

White bread, flour tortillas

Oatmeal, cream of wheat

Plain yougurt, white cheese, sour cream, cottage cheese

White rice, baked potato

Plain pasta and white sauce

Turkey, chicken breast (no skin), white fish

We strongly suggest purchasing an electric rotating type of toothbrush to help in maintaining your new smile. Touch up kits are generally used every 6 months after you see the hygienist for you cleaning. Regular dental appointments, along with good oral hygiene, will help ensure the health and life of your teeth.

If you have any questions, please feel free to contact our office.

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