



IMPORTANT AFTER CARE INFORMATION

SIDE EFFECTS:

TOOTH SENSITIVITY: Although uncommon, some people can experience some tooth sensitivity during the first 24-48 hours after the whitening treatment. People with existing sensitivity, recently cracked teeth, micro-cracks, open cavities, leaking fillings, or other dental conditions that cause sensitivity may find that these conditions increase or prolong tooth sensitivity after the treatment; you can use *Sensodyne* toothpaste to ease the discomfort. Brush your teeth very lightly with the toothpaste until tooth sensitivity goes away.

If you have tooth sensitivity, **DONOT** begin with your touch-up pen treatment at home (if purchased). Wait until the sensitivity goes away to begin the home treatment.

RELAPSE: After the treatment, it is natural for the teeth color to regress somewhat over time. This is normal and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents such as coffee, tea, tobacco, red wine, colas, citrus drinks and fruits, etc. **Do not eat or drink anything except water for the first hour after treatment because the gel opens the pores of the enamel and makes the teeth very vulnerable to staining agents. If you purchased a touch-up whitening pen or a take home kit (highly recommended in order to avoid color regression) be aware that the pores of your enamel will remain open for as long as you use it so you should refrain from staining agents till you stop using the pen. You can resume your normal habits 24 hours after you conclude the touch-up pen treatment.** Also, be aware that drinks and food are not the only things that can stain your teeth when the pores are open; ex: lipstick can stain too. Do not apply lipstick soon after whitening your teeth.

ALLERGY: Some people are allergic to peroxide but are not aware of it. If you had the treatment done and a few hours or a day later you have a blister on your lips, you are probably having an allergic reaction to the gel. Buy liquid vitamin E in any drugstore and apply to the blister until it goes away. It generally goes away anyway.

RESULTS:

How long the results will last depends on 2 main factors:

1. Your habits
2. The porosity of your teeth

If you expose your teeth to staining agents such as tobacco, red wine, coffee, tea, colas, etc. on a regular basis, your whitening results will not last as long. If you have naturally porous enamel, your teeth will be more vulnerable to staining agents and your teeth will get stained again sooner than the average person. Unfortunately, there is no way of knowing ahead of time how porous your teeth are. Generally speaking, if you have porous enamel and you expose your teeth to staining agents on a regular basis, your results may last for only 6 months. If you have non-porous enamel and you don't expose your teeth to staining beverages on a regular basis, the results may last up to 2 years.

TOUCH-UP PEN:

If you purchased a touch up pen, you will need to use it with a cheek retractor. If you don't, your lip and saliva will wash away the gel. Your teeth-whitening technician will give you the cheek retractor you used during the treatment. Apply the gel on your teeth (thin coat) and leave it for 30 minutes for as many days as possible, generally 5-7 days. Remember that during these days, your pores will remain open and your teeth will be vulnerable to staining agents.



THE WHITE DIET (24-48 HOURS AFTER TREATMENT)

The White Diet is very important to any teeth whitening procedure. You must keep to this for 24-48 hours and avoid any food or staining agent that will cause discoloration. Remember that after the teeth whitening treatment, the pores of your enamel are open and this makes them extremely vulnerable to any staining agents. Once the pores start to close, which usually occurs 24-48 hours after the procedure, you can resume your normal habits.

DRINKS YOU CAN HAVE	DRINKS TO AVOID
Still or Sparkling water Tonic water, Lemonade, Skimmed Milk	Tea, Coffee Cola, orange juice, Fizzy drinks

ALCOHOLIC DRINKS YOU CAN HAVE	ALCOHOLIC DRINKS TO AVOID
Vodka, Malibu, Gin, White wine, Tequila	Red Wine, Beer, Guinness, Cognac, etc.

FOOD YOU CAN HAVE	FOOD TO AVOID
Chicken (dry or boiled, no fat), Turkey, White fish, White Rice, White Pasta, White sauces, Cauliflower, Cottage cheese, Potatoes (no skin)	Carrots, peas, sweet corn, Broccoli, Green beans, Sprouts, lettuce, mushrooms, tomatoes, red/green lettuce, beetroots, butter, margarine, any staining foods.

CEREAL	Rice Krispies are Ok with Skimmed milk (NO WHEAT)
BREAD	NO bread, only if it's Pita Bread
FRUIT	NO fruit since most fruits are acidic, Bananas are ok
SAUCES	NO Bolognese, Curry, Chilli, Spaghetti, Marinara
SWEETS	NO Chocolates or Sweets, Chewing gums are OK if unsweetened

FURTHER ADVICE:

- 1) Avoid extremely hot or cold liquids. These are dangerous to your white smile because they change the temperature of your teeth. This temperature change (hot and cold cycling) causes teeth to expand and contract, allowing stains to penetrate your teeth. Try cutting down on these types of drinks (including coffee and tea) or try drinking them with a straw to reduce the amount of time they are in contact with your teeth.
- 2) Avoid foods that are acidic. These foods open up the pores of the tooth enamel allowing stains to more easily move into your teeth. If you are drinking fizzy drinks or iced tea, you should use a straw. The caffeine in these drinks as well as the tannins in tea can stain the teeth. Using a straw can help minimize the contact of these substances with your teeth.
- 3) Cut back on drinking and smoking. Frequent consumption of alcoholic drinks and heavy smoking can reverse the effects of teeth whitening. Many alcoholic drinks such as wine have tannins that can stain the teeth. The same goes for the nicotine in tobacco. If you cannot quit drinking and smoking entirely, at least try to do it in moderation or lessen the frequency.
- 4) Use smudge proof lipstick. Ladies, after going through teeth whitening, you should consider switching your current lipstick for smudge proof types. Some kinds of lipsticks tend to cling to the teeth and the pigments by which lipsticks are made can contribute to the discoloration of your teeth. Using smudge proof lipstick not only prevents the lipstick itself from getting to your teeth but also minimizes the need to retouch your make up.



**INFORMED CUSTOMER CONSENT FOR
TEETH WHITENING TREATMENT**

General:

I acknowledge that I am purchasing a self-administered Teeth Whitening Kit that is designed to whiten the color of my teeth. As part of the purchase, I am asking for assistance in the use of my teeth whitening kit, I am authorizing my teeth whitening technician to apply it on for me, and I understand that I will be allowed to use a specially designed LED lamp in order to accelerate the whitening process.

Results Guarantee:

Although most natural teeth can benefit from a teeth whitening treatment, I understand that everyone's teeth are different and that results may vary. I understand that people with yellowish teeth generally get the best results and that if my teeth have spots due to tetracycline use (grayish tint) or fluorosis, these will be difficult to whiten. Also, if I have artificial teeth, caps, crowns, veneers, porcelain, composite or other restorative materials, I shouldn't expect dramatic results from this treatment because the peroxide gel will not whiten (or damage) artificial dental work. Also, I am aware that my teeth will never be whiter than the white color my genes naturally allow.

Potential Risks:

Although whitening treatments are generally safe, I understand that some of the potential complications of this treatment include, but are not limited to:

GUM/LIP IRRITATION: Whitening gel that comes in contact with gum tissue or the lips during the treatment may cause inflammation or whitening these areas. This is due to inadvertent exposure of the small areas of those tissues to the whitening gel. The inflammation and/or whitening of gums and lips are transient, and the color change of the gum tissue will reverse within 30 minutes. I may feel a stinging and tingling sensation on these soft tissues during the treatment if the gel comes in contact with them.

TOOTH SENSITIVITY: Although uncommon, some customers can experience some tooth sensitivity during the first 24 hours after the whitening treatment. People with existing sensitivity, recently cracked teeth, micro-cracks, open cavities, leaking fillings, exposed roots, or other dental conditions, that cause sensitivity may find that those conditions increase or prolong tooth sensitivity after the treatment.

SPOTS OR STREAKS: Some customers may develop white spots or streaks on their teeth due to CALCIUM DEPOSITS that naturally occurs in teeth. These spots are NOT caused by the peroxide gel. The gel just brings the already existing calcium deposits out and makes them visible again. This usually diminishes over time.

RELAPSE: After treatment, it is natural for teeth color to regress somewhat overtime. This is natural and should be gradual, but it can be accelerated by exposing the teeth to various staining agents, such as coffee, tea, tobacco, red wine, colas etc. I realize that I should not eat or drink anything except water during 60 minutes after the treatment because the gel opens the pores of my enamel and makes my teeth very vulnerable to staining agents. If I purchase a touch-up pen, I realize that my pores will remain open for as long as I use it so I should refrain from staining agents till I stop using the pen. Only 24 hours after I conclude the touch-up pen treatment can I resume my normal habits. I understand that the results of the treatment are not intended to be permanent and that secondary, repeat or touch-up treatments may be needed for me to maintain the color I desire for my teeth.

Eligibility I understand that this treatment CANNOT be used by pregnant or lactating women, people under the age of 14, people with gum disease, open cavities, leaking fillings, or other dental conditions, or people with a known allergy to peroxide and/or to aloe vera. People that have had braces removed should wait 6 months for cement residue to wear off before getting a teeth whitening treatment and people with a piercing or other metal objects in the oral cavity should remove them before the treatment as they may turn black. If I feel a sharp pain on a particular tooth during the treatment I should stop the treatment and contact my dentist since this could be a sign of an open cavity. By signing this document, I indicate that I am not ineligible as per the criteria listed above, that I have read and fully understand this entire document including the possible risks, complications and benefits that can result from the treatment, and that I am performing this treatment under my own responsibility. I also certify that I HAVE HEALTHY TEETH AND GUMS.

Name: _____ Signature: _____ Date: _____