

# Teeth Whitening



European Institute of Esthetics  
MediSpa & Laser Centre

## Pre-Treatment Instructions for Teeth Whitening

- Ensure sure your teeth are brushed prior to the procedure. Refrain from flossing as you may get the Whitening Product in between your teeth which then may cause slight discomfort.
- If your teeth are quite sensitive prior to the Teeth Whitening procedure, ensure to use Sensodyne toothpaste prior to the procedure.
- You can bring your IPod for some easy listening during the service.
- Eat before the Teeth Whitening procedure as you are advised not to eat immediately after your procedure.

## Post-Treatment Instructions for Teeth Whitening

- Do not eat or drink for **1 hour**, except water.
- Avoid dark staining substances, such as coffee, tea, red wine, tobacco products, tomatoes, soy sauce, mustard, ketchup, cola, citrus drinks and fruits, etc. for at least **24-48 hours**. Anything that stains a white shirt will stain your teeth!
- Drink or rinse with water for the next **24-48 hours**. Your teeth will be lighter by next day!
- Best to use Pro Maintenance Pen to keep the whitening effect.
- If the teeth are sensitive after the treatment use Sensodyne toothpaste for at least **5-7 days**.

### Description & Expectations:

Most clients with healthy teeth and gums will experience no discomfort during the Teeth Whitening procedure. A tingling or slight sensitivity is normal, but not harmful to your gums or the tooth enamel. A slight blanching of the gum is common and normal. This is a temporary reaction to the whitening process and it will disappear usually in less than 15 minutes.

If you have tooth decay, significant enamel calcification, periodontal disease, irritation or bleeding gums, you can not engage in this teeth whitening process until you have been cleared by your dentist.

Each individual has a different natural tooth colour. As good as our teeth whitening process is, no teeth whitening process can alter your genetic traits.

Our teeth whitening procedure works on natural tooth structure only. It will not have any effect on veneers, composite fillings, implants or other synthetic tooth enhancements.



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