



Post Op Instructions BOOST in Office Whitening

Sensitivity may occur after BOOST whitening treatment. If for some reason you do experience post-op sensitivity, it can be treated with over-the-counter analgesics. It is also helpful to use Sensodyne for a few days before the whitening treatment.

Color Spotting on the teeth may occur after Boost In-Office Whitening due to temporary dehydration of the teeth. This should diminish within a few days after treatment. Prolonged color spotting is due to hypocalcifications already present on the tooth. If you already have color variations in your tooth, it will make them even more apparent, therefore making you not an ideal candidate for Boost whitening.

Restorations (fillings/veneers/crowns) will not lighten with BOOST treatment. Make sure to wait 4 weeks following whitening treatment to allow the shade of your teeth to stabilize if you have new restorations planned in the future

Avoid foods or drinks that stain following the whitening procedure (48hrs), i.e. brown or red drinks/foods such as:

- Red wine, dark sodas, coffee, tea
- Grapes or any fruit with color
- Mustard or Ketchup
- Red sauces
- Soy sauce or steak sauce
- Smoking and Lipstick
- Red meat (steak or hamburger)

Sensitivity: Can be normal following any whitening treatment. If this occurs, you can try:

- Sensodyne toothpaste
- Wearing your custom whitening trays or retainers to cover the teeth and shield from the air.
- Advil or Motrin (if able to take)