



**GOOCHLAND DENTISTRY**  
Family & Cosmetic

## **Opalescence BOOST In Office Post Whitening Care Instructions** (To be followed for the first 48 hours)

CONGRATULATIONS! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty four hours for the barrier to fully develop again. To maximize the whitening, we ask that for the next 48 hours, you DO NOT consume dark or yellow staining substances such as:

All Tobacco Products/ Red Wine / White Wine/ Berries  
Avoid Colored Lipstick /Soft Drinks / Potato Chips /Red Sauces  
Coffee / Tea / Mustard / Ketchup /Soy Sauce

Remember that you must not use any colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of Perio Rx or any Chlorihexidine, please wait 48 hours before continuing the usage of this product.

If post operative sensitivity occurs, chew sugarless gum to reduce the peroxide levels, take an Advil or Tylenol, or what you would normally use for a headache. For maximum desensitizing brush with Clinpro tooth paste (we sell for \$20).

**Additional ways you can help maintain your sparkling BOOST smile is to avoid staining related habits, use an electric toothbrush, floss and have regular professional hygiene visits twice a year to keep your smile its whitest!**

**Please call our office if you have any questions 804. 784.4624**

**Thank you, Dr. Murchie and Team!**