



#408-1990 Fort St
Victoria, BC V8R 6V4
Telephone number: 250-595-5203

Whitening POST Treatment Instructions

Post-Treatment

1. Do NOT brush or floss for 12 hours post-treatment, warm rinses ONLY
2. AVOID
 - a. Avoid eating or drinking anything for 20 min after treatment.
 - b. Colourful foods and drinks for 12 hours.
 - c. Sweet, spicy and sour foods and drinks for 12 hours post-treatment
3. You can use a straw
4. Any natural teeth markings (fluorosis, calcification spots) will fade within 24 hours.