

IMPORTANT: After-Treatment Instructions & Dietary Suggestions

Tooth Sensitivity. Although uncommon, you may experience some tooth sensitivity during the first 24 to 48 hours following your whitening treatments. If you have pre-existing sensitivity, recently cracked teeth, micro-cracks, open cavities, leaking fillings, crowns, veneers, etc., and/or other dental conditions that cause sensitivity, you may find that these conditions increase or prolong sensitivity after whitening treatments. If you experience sensitivity, you can purchase our **Minerals treatment pen**, or you can use Sensodyne toothpaste to ease the discomfort. Use either of these products until your sensitivity subsides.

If you do experience increased tooth sensitivity, DO NOT begin using your take-home whitening products, until the sensitivity has subsided to normal.

Relapse. After whitening treatments, it is natural for your teeth to regress in color somewhat over time. This normal and should be very gradual. But, this process is accelerated by exposing your teeth to various staining agents in your diet, such as coffee, tea, tobacco, red wine, colas, citrus drinks, dark juices and berries, etc.

For the first 1-2 hours following treatment, do NOT eat or drink anything but WATER. The peroxide whitening gel opens the pores in your tooth enamel, so immediately following your whitening treatments, your teeth are especially porous and vulnerable to staining agents. **If you purchased the take-home care system and are using the Whitening Pen, the pores in your tooth enamel will remain open and more prone to staining. Stay on our recommended "White Diet" for as long as you are using the Whitening Pen on a regular basis.** Once you stop using the Whitening Pen, you can resume your normal diet in 24 hours. Foods are not the only things that can stain your teeth. Lipstick can also stain your teeth if applied immediately following your treatments. Do not use lipstick for at least 2 hours following your whitening treatments.

Allergy to Peroxide or Aloe. Although it is uncommon, if you are allergic or sensitive to Aloe or Peroxide Gel, you may experience a blister or sore on your lip following treatments. You can obtain Vitamin E oil from a drug store and apply it to the sores to sooth them until they go away. Generally they disappear within a day or two, without any treatment.

Results of Whitening Treatments. How long your whitening treatments last depends on 2 factors:

1. **Your daily habits regarding after-care vs. diet**
2. **The porosity of the enamel of your teeth**

If you expose your teeth to staining agents, such as tobacco, coffee, red wine, tea, colas, etc. on a regular basis, and do nothing to removes those staining agents, your teeth will darken over time, and the results will not last as long. If you have naturally porous enamel, your teeth are more vulnerable to staining and your teeth will get stained again sooner than the average individual. Unfortunately, there is no way of knowing this about your teeth until you whiten them. **Generally speaking, with no maintenance care and no change in diet, the results of your whitening treatments will may only last 6 months or less.** On the other hand, if your enamel is less porous, and you care for your teeth, **the results can last as long as 2 years.**

Take-Home Whitening Kit. If you purchase the take-home Whitening Pen or take-home care kit, your technician will give you instructions on how to use the products. **With proper care and maintenance, you can maintain a much lighter shade over time, than you can without using these products.** The alternative is to schedule follow-up in-office whitening treatments every 3 to 6 months at Whitening Lounge.

The "White Diet" (24 to 48 hours after treatment)

Drinks you CAN have:

Water, soda water, tonic water, Lemonade, skim milk

Drinks to AVOID:

Tea, coffee, Coke, Pepsi, Root Beer or any other dark sodas, orange juice, any dark grape or berry juices.

Alcoholic drinks you CAN have:

Vodka, Gin, Light Rum, White Wine, (anything clear)

Alcoholic drinks to AVOID:

Red Wine, Guinness, or other dark beers, dark rum, dark mixed drinks, etc. (anything dark)

Foods you CAN have:

Chicken, Turkey, White Fish (no Salmon), white rice, white pasta, white sauce, cauliflower, cottage cheese, potatoes. Foods that are light in color are generally good.

Foods to AVOID:

Carrots, beets, peas, sweet corn, broccoli, green beans, mushrooms, tomatoes, red lettuce, butter, dark olive oil, red sauce, tomato sauce. Try to avoid sweets, candy and sugar as your teeth are more porous and will absorb sugars for the first 24 to 48 hours. Keep your diet, light and white!

Further Advice:

1. **Avoid extremely HOT or COLD liquids.**
2. **Avoid acidic foods and drinks.** Get into the habit of drinking sodas or juices through a straw. This takes the liquid past your teeth.
3. **Cut back on drinking alcohol and tobacco.** Tobacco will stain your teeth.
4. **Use "smudge-proof" lipstick.** Lipstick can stain your teeth, especially after treatments.
5. **Purchase our take-home Whitening Kit.** Proper care, will make your whitening last.
6. **Purchase our "Minerals" treatment pen.** Minerals will strengthen and replenish your tooth enamel. It is like "vitamins" for your tooth enamel. This too, will make your whitening treatments last longer, and reduce future sensitivity.

Just remember, if what you are eating or drinking would stain a white cotton shirt

it will also stain your teeth!

For more after-care advice, please consult your Whitening Lounge - Technician.

Thank you!

Our goal at whitening lounge is to always provide our guests with the best possible tooth whitening experience. We use the same high-quality tooth whitening products and the same tooth whitening systems that are used by Cosmetic Dentists. And, the results are amazing!!

Tooth whitening... that's all we do.

Our business model is simple. Our only product is tooth whitening. We keep our overhead low, and we pass the savings on to you!

So, please help us spread the word.

Most likely you were either referred to whitening lounge by a friend or family member, or you purchased one of our online discount coupons from **KGB Deals, Living Social or Groupon**.

The idea of **highly discounted coupon promotions** is to let you “sample” our services first, with little or no risk, and then decide if the **personal benefits of tooth whitening** are important to your lifestyle.

Here is how you can help us...

Please share your whitening lounge tooth whitening experience within your own circle. When your friends and family ask where you got your “gleaming white smile,” just say whitening lounge!

Join us on **Facebook**

Follow us on **Twitter**

Give us a shout on **Yelp**

Thank you again!!

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