



TriState Family Dental Centers

A Professional Corporation

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*Established in 1971 by
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Care of Mouth After Whitening

For the next 48 hours, avoid dark, staining substances such as:

- | | | |
|-------------|--------------------|--------------|
| - Coffee | - Tobacco Products | - Mustard |
| - Ketchup | - Cola | - Red Wine |
| - Soy Sauce | - Berry Pie | - Red Sauces |

If you have sensitivity or discomfort, you may take an over-the-counter pain medication (i.e. Advil, Ibuprofen, Tylenol).

If your gum tissue is sensitive, avoid mouth rinses containing alcohol until the sensitivity subsides. If sensitivity persists, a relief gel is available at our office.

* Routine cleaning appointments are very important in order to minimize stain and maintain a bright, healthy smile. *