

# Post Whitening **INSTRUCTIONS**

## **MAINTAINING YOUR SMILE**

Whitening success is all about maintenance. Your in-office Smile Perfected procedure will last a long time but will eventually begin to fade back to the original color if not maintained.

Your dental office has given you a take home product that will help keep your teeth white. Your Smile Perfected Whitening Pen, used in conjunction with the tray, will maintain your color.

## **FIRST 24 HOURS**



Avoid staining beverages (red wine)



Avoid staining foods (blueberries, tomato sauce, etc...)



Brush and floss your teeth before you sleep

## **WHITENING PEN INSTRUCTIONS**

1. Brush your teeth to remove any debris.
2. Apply a thin layer of the Smile Perfected Whitening gel directly from the pen to your front six or eight teeth (both top and bottom).
3. You DO NOT need to apply gel to the inside of your front teeth.
4. After the gel is applied, insert and wear the tray for twenty minutes.
5. After twenty minutes, remove the tray and rinse your mouth with water until all of the gel is removed from your teeth. Rinse and dry the tray for future use.