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### **Pre-Treatment Instructions for DaVinci Teeth Whitening**

- Do eat prior to your appointment. (You will be unable to eat for several hours after your appointment)
- Brush gently on the day of your appointment and avoid brushing your gum tissues.

### **Post Treatment Instructions for DaVinci Teeth Whitening**

- Drinking water for the next 2 hours will decrease possible sensitivity. Avoid any other food or beverages for the next two hours.
- DO NOT smoke or chew tobacco for the next two hours.
- AVOID any dark colored food or beverages for at least 24 hours.
- NO: coffee, tea, soda, cool-aid, red wine, tomato sauce, red meat, dark colored vegetables, or anything with heavy color for at least 24 hours. UNLESS you choose to purchase and add a sealant to your treatment.
- YES: Water, white wine, white chicken, pork, turkey, noodles, white sauce, white cheese, potatoes etc. after 2 hours.
- NEXT 48 hours: Brush very gently with a white toothpaste, DO NOT brush gums, avoid using a whitening or baking soda toothpaste.
- Any sensitivity is typically gone within 24 hours. You may choose to purchase the DaVinci desensitizing gel or take a mild pain reliever.
- Use your home maintenance kit and/or whitening pen to help maintain your smile!