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## POST-OPERATIVE IN-OFFICE TEETH WHITENING INSTRUCTIONS

1. Do not start home bleaching the day of your in-office bleaching procedure. Begin home bleaching the following day/night.
2. For the first 24 hours tooth sensitivity is normal. Some patients experience a transient sharp “zing” on select teeth.
3. If sensitivity is severe you may take Ibuprophen (Advil/Motrin).
4. Use the sensitivity toothpaste provided during the duration of the bleaching treatment.
5. Silver fillings may discolor the bleaching trays. This is normal and common.

Do not hesitate to call the office if you have any questions (818) 789-0555.