

TEETH WHITENING

Preparation Instructions



1. Maintain good oral hygiene habits:

-Brush 2x/day

-Floss daily

-Get regular cleanings as recommended by your dental hygienist (every 3-6 months)

2. If you have a history of tooth sensitivity consider using Sensodyne Fresh Mint toothpaste in the days leading up to your appointment to help desensitize the nerve. *Note use Sensodyne Fresh Mint ONLY (the original formulation).

If you regularly use Sensodyne Rapid Relief, Repair and Protect, or Sensitivity and Gum discontinue use prior to whitening as these formulations seal the teeth pores making it more difficult to produce whitening results.