



### **Post-Treatment Instructions**

**For BEST results after your Sinsational Smile Teeth Whitening you must follow the instructions below**

- **Avoid dark foods** such as coffee, tea, red wine, blueberries, curries, marinara sauce, dark sodas or any other dark pigmented food or drink. Anything that can stain your Tupperware™ will likely stain your teeth! **AVOID DARK FOOD AND DRINKS FOR 24 HOURS**
- **Be sure to use your take-home whitening pen.** Use for a minimum of two weeks nightly to optimize results and continue to use as needed to touch up the teeth when you begin to see staining. For best results use for 4-6 weeks. Your take home pen will provide up to 60 nightly applications if used as instructed. Be careful not to overfill the applicator brush! Once it's saturated it will be good for 3-4 uses before having to fill it again.
- **Follow the home care whitening pen instructions:**
  - Saturate pen brush by twisting the base (you may need to twist up to 60 clicks before you see the gel bubble up in the middle of the bristles).
  - Brush whitening gel onto the teeth and insert the in-office treatment tray into the mouth to keep the tongue off the teeth. Relax jaw and lips.
  - Leave your tray in for 20 minutes, remove and rinse tray and mouth with warm water.
- **Have your teeth whitened with Sinsational Smile** immediately following each cleaning appointment or sooner if desired. Using the home care pen will help maintain the white smile you desire between appointments. Results will vary from person-to-person.

**Thank you for taking only 20 minutes to brighten your smile!**

