

## **Lumawhite Bleaching - Post Op Instructions**

1. Avoid tobacco and teeth-staining foods and beverages (anything that will stain a white shirt) for at least 48 hours after the treatment, as teeth are especially vulnerable to staining during this period.
2. Teeth will continue to lighten up for another 48 hours, especially if you use home bleaching trays to supplement the in-office power bleaching.
3. If cold sensitivity occurs post-bleaching, take 800 mg of Ibuprofen for pain. The maximum dose of Ibuprofen is 3200 mg per day, so this would be 1/4 of the maximum daily dose.
4. If tissue was blanched during the procedure, aloe vera or vitamin E can be placed on the area.