

Venus White® Max In-office Whitening Patient Follow-up Instructions

Congratulations! We hope you enjoy your new brighter smile! The next 48 hours are important to enhance and maximize your whitening results for a long lasting, bright and healthy smile.

For the next 48 hours, dark substances that could cause staining should be avoided, such as:

- Red wine
- Red meat
- Barbecue sauce
- Popsicles and slushies
- Balsamic Vinegar
- Beets
- Soy sauce
- Coffee and tea
- Smoking and Tobacco use
- Tomatoes and tomato sauces, Ketchup
- Dark soft drinks
- Berries and other dark fruits and fruit sauces/drinks
- Curry
- Foods containing dyes and artificial colorings

It is normal for some people to experience minor tooth sensitivity for 1-3 days after the procedure. To minimize this, you may want to avoid excessively hot or cold foods and beverages. If you experience discomfort, ask us about Venus Comfort Gel which contains potassium nitrate that may reduce sensitivity. If you need to take an over-the-counter pain reliever, check with your dentist first, or use a toothpaste formulated for sensitivity. If you have any severe or prolonged sensitivity, you should contact your dental professional.

All whitening procedures have some relapse. This can be affected by at-home dental hygiene routines and personal habits such as tobacco use and the consumption of foods and beverages. Therefore, we recommend using a Venus White home whitening system, as instructed by your dental professional, to maintain your whitening results.

Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.

In addition, continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!



"A view from the other side" 
CONTEMPORARY
 PRODUCT SOLUTIONS

Giving a hand to oral health.



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