

## Nostra Dental Clinic: Post-Operative Care Instructions for Whitening Trays

### Immediate Post-Treatment Care:

**Sensitivity:** It's common to experience mild tooth sensitivity or gum discomfort following the whitening procedure. If sensitivity occurs, over-the-counter pain relievers such as ibuprofen can be taken as directed on the packaging.

**Lip Care:** Apply petroleum jelly or a recommended lip balm to your lips before inserting the whitening trays to prevent dryness or irritation.

### At-Home Whitening Tray Instructions:

#### Tray Preparation:

Ensure the custom whitening trays are completely dry before use. Place a small amount of whitening gel on each tooth impression area of the tray. Avoid overfilling to prevent excess gel from contacting the gums.

#### Inserting the Tray:

Gently insert the tray over your teeth, ensuring a snug fit. Wipe away any excess gel that may ooze out with a clean tissue or cloth.

#### Wearing the Tray:

Wear the tray with the whitening gel for 2 hours. Do not eat, drink, smoke, or drink colored beverages while wearing the tray. Avoid swallowing the whitening gel.

#### After Whitening Session:

Remove the tray and gently brush your teeth to eliminate any residual gel. Rinse your mouth thoroughly with water. Clean the tray with a toothbrush and water. Let it dry completely before storing.

#### Frequency of Use:

Use the whitening trays daily until you achieve your desired shade or as directed by our dental team.

#### Dietary Recommendations Post-Treatment:

For the first 48 hours after whitening, adhere to the following guidelines to prevent staining:

Foods and Beverages to Avoid:

Red wine  
Dark sodas  
Coffee and tea  
Berries  
Soy sauce  
Ketchup and mustard  
Red sauces  
Tobacco products  
Colored sports drinks  
Dark-colored juices

Recommended Foods and Beverages:

Milk, water, and clear sodas  
Bananas and peeled apples  
White bread or flour tortillas  
Plain yogurt, white cheese, and sour cream  
Cottage cheese, white rice, and baked potatoes  
Plain pasta with white sauce  
Turkey or skinless chicken breast

Additional Tips:

Drinking plenty of water helps keep your teeth hydrated and may reduce sensitivity.

Oral Hygiene: Continue to brush and floss your teeth regularly, but be gentle around the gum line to avoid irritation.

Storage of Whitening Gel: Store any remaining whitening gel in a cool, dry place, away from direct sunlight and heat.

When to Contact Nostra Dental Clinic:

If you experience severe tooth sensitivity, gum irritation, or any other concerning symptoms. If you have questions about the whitening process or need additional supplies.