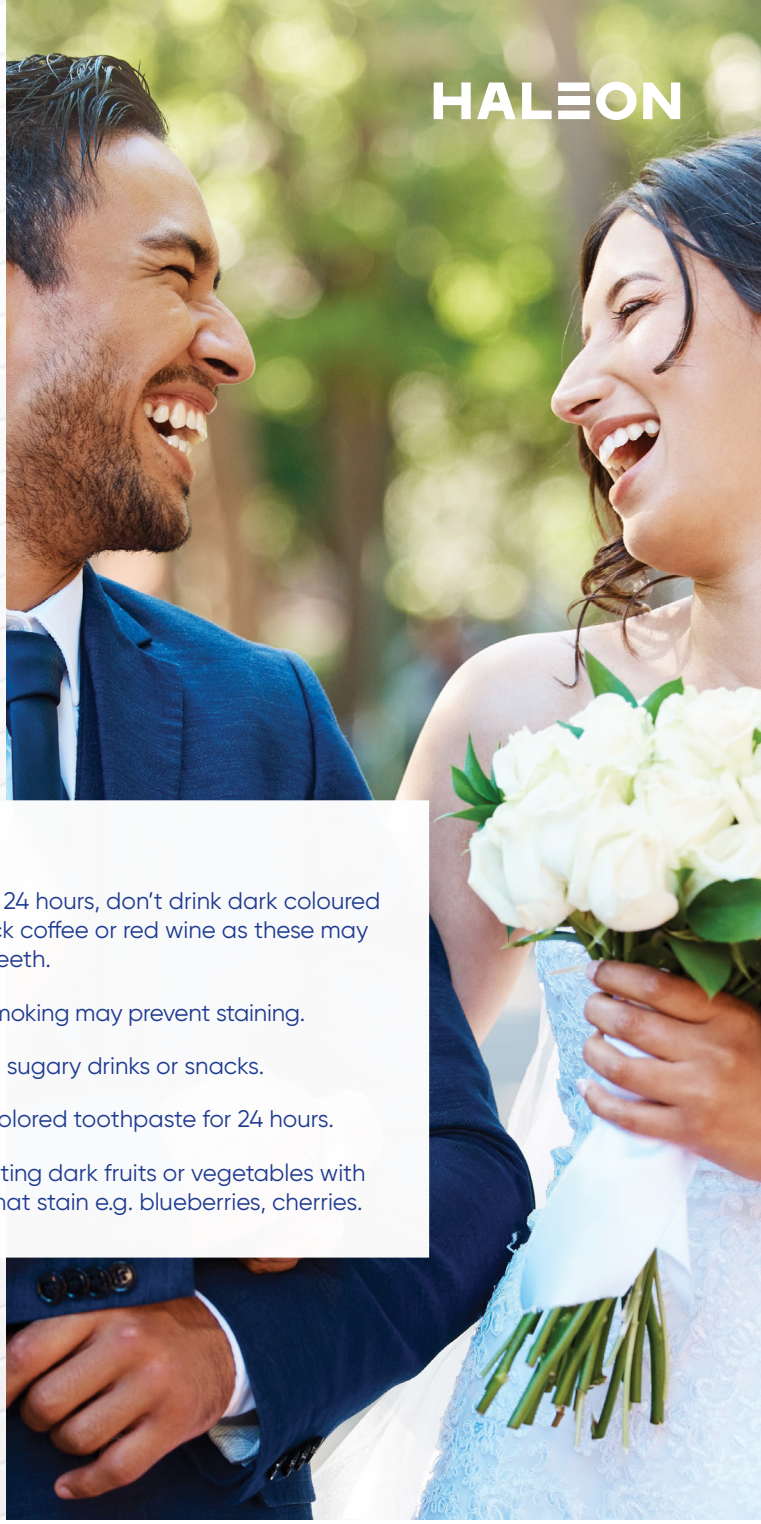
SENSODYNE

CARING FOR YOUR TEETH BEFORE, DURING AND AFTER PROFESSIONAL WHITENING

Your teeth can lose their whiteness for a number of reasons. Professional teeth whitening is an easy way to help you feel confident about your smile.

Use the tips below to make sure you get the most from your treatment.

Top tips for whiter teeth and a healthy smile without sensitivity following whitening treatment:



Do

- Brush your teeth for 2 minutes twice a day with a fluoride toothpaste. Plaque build up and tartar may make your teeth appear stained.
- Use floss or interdental brushes to remove plaque between teeth.
- Use a specialty toothpaste to help provide longer lasting whitening after treatment.^ Look for a toothpaste that is enamel-safe to avoid abrasiveness which may cause sensitivity.
- Ask your dental professional to recommend a specialist toothpaste with potassium nitrate, like Sensodyne Clinical White, which can be used before, during and after your whitening treatment to help care for your sensitive teeth.
- When used twice daily it provides 24/7 sensitivity protection.

Don't

- For the first 24 hours, don't drink dark coloured sodas, black coffee or red wine as these may stain your teeth.
- Stopping smoking may prevent staining.
- Try to avoid sugary drinks or snacks.
- Don't use colored toothpaste for 24 hours.
- Minimize eating dark fruits or vegetables with pigments that stain e.g. blueberries, cherries.

Take home notes

Scan the QR code to receive a Sensodyne coupon

^ vs. a non-whitening toothpaste with continued twice daily brushing after a 7 day at home treatment of 15% peroxide

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