

Pre-Op and Post-Op Instructions for Minimally Invasive (Non-drilling) Treatment of Stains/Fluorosis/White Spots

Treatment Rendered:

- ✓ Important present and future considerations
 - ◇ No treatment works for every clinical condition
 - Best case—the defect is eliminated
 - Worst case—nothing is eliminated
 - What usually happens—much less visible stain/discoloration
 - ◇ At home whitening products, such as white strips, could potentially cause white spots to reappear. We have found this to be temporary and self-correcting within 24-48 hours.
 - ◇ Do not have this treatment for two weeks prior to cleaning and fluoride treatment
 - ◇ _____ is a minimally invasive procedure that can be repeated, as needed, to maintain optimal esthetics and enamel protection.

- ✓ For 24 hours after treatment, refrain from any of the following
 - ◇ dark colored foods or beverages that may stain teeth (think blueberries)
 - ◇ mustard
 - ◇ soy sauce
 - ◇ grape juice or dark colored juices
 - ◇ dark colored sodas
 - ◇ coffee
 - ◇ tea
 - ◇ anything with artificial coloring.

- ✓ Care for irritated gums – soft brushing, warm saltwater rinse, eat soft foods. Irritation will resolve within a few days.

- ✓ Please remember to brush in the morning and at night with extra focus on the gum line and floss daily to ensure clean and healthy gums.