

## Post-Op at Home Desensitizing

### Home care instructions for at-home desensitizing treatment:

- You may brush, floss and waterpik as previously instructed.
- Place a small amount of desensitizing gel into each scalloped tooth surface in the tray.
- Place the tray(s) onto your teeth for \_(Per Columbia Smiles Instructions)\_ for \_(Per Columbia Smiles Instructions)\_ days/weeks.
- Do NOT sleep with your tray(s) on.
- Once you have completed your desensitizing treatment, remove tray and brush teeth with Sensodyne toothpaste and clean the tray with cool water.
- Store your tray(s) in a dry area until next desensitizing treatment
- **If there are any concerns or questions, please contact our office at 410.730.7485**