



## Post Whitening Care Instructions

**Congratulations!** You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

**For the next 48 hours, dark staining substances should be avoided, such as:**

- ▶ Coffee and\or Tea
- ▶ Red wine
- ▶ Tobacco products
- ▶ Mustard or ketchup
- ▶ Soy sauce
- ▶ Cola
- ▶ Berry pie
- ▶ Red sauces
- ▶ Red meat

**Additional ways to maintain your sparkling smile:**

- Avoid staining related habits
- Use an automatic toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- 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.