

Post-Whitening & Bleaching Care Instructions

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Your teeth will continue to whiten over the next 48 hours, especially if you are using your whitening trays with a prescribed whitening solution. For the next 48 hours, dark staining substances should be avoided, such as:

- Coffee and/or tea
- Tobacco products
- Mustard or ketchup
- Cola
- Red wine
- Soy sauce
- Berries
- Red sauces

Remember if it stains a white tablecloth, it will stain your teeth.

Additional ways to maintain your sparkling smile:

- Avoid staining related habits.
- Use an automated 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 selection of the products to maintain not only a white smile but a healthy one as well!