



## WHITENING "AT-HOME" INSTRUCTIONS

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48-72 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

**For the next 48- 72 hours, dark staining substances should be avoided, such as:**

- Coffee
- Tea
- Tobacco Products
- Cola
- Mustard or Ketchup
- Red Wine
- Soy Sauce
- Curries
- Berry Pie
- Red Sauces

**Additional ways to maintain your new sparkling WHITE Smile:**

1. Avoid staining related habits.
2. Monthly "Touch Up's" at home
3. Use an automatic toothbrush and a Waterpik
4. Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
5. 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!