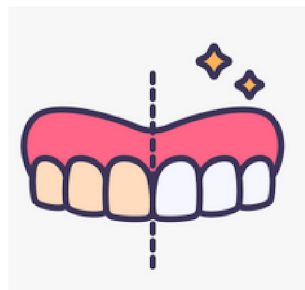




### POST-TREATMENT INSTRUCTIONS FOR TEETH WHITENING

- **Avoid Staining Foods and Drinks:** Refrain from consuming foods and beverages known to stain teeth, such as coffee, tea, red wine, and berries, for at least 24-48 hours after teeth whitening to maximize results.
- **Be Gentle with Oral Hygiene:** Brush and floss your teeth gently after teeth whitening to maintain oral hygiene. However, avoid aggressive brushing or abrasive toothpaste that could irritate the teeth and gums.
- **Use Sensitivity Toothpaste:** If you experience tooth sensitivity after whitening, switch to a toothpaste formulated for sensitive teeth for a few days. This can help alleviate discomfort.
- **Avoid Smoking and Tobacco Products:** Refrain from smoking or using tobacco products for at least 24-48 hours after teeth whitening, as these can stain teeth and compromise the whitening results.
- **Avoid Dark-Colored Mouthwash:** Avoid mouthwash containing alcohol or dark-colored ingredients immediately after teeth whitening, as these can interfere with the whitening process.
- **Stay Hydrated:** Drink plenty of water after teeth whitening to keep your mouth hydrated and promote saliva production, which helps neutralize acids and maintain oral health.
- **Wait Before Eating or Drinking:** Avoid eating or drinking anything except water for at least one hour after teeth whitening to allow the whitening gel to fully penetrate the teeth.
- **Be Mindful of Sensitivity:** It is normal to experience some tooth sensitivity after teeth whitening. If sensitivity persists or becomes severe, contact your dentist for advice on managing it.
- **Follow-Up with Your Dentist:** Attend any scheduled follow-up appointments with your dentist to evaluate the whitening results and address any concerns or questions you may have.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

Monday - Saturday  
Sunday

10:00 AM - 6:30 PM  
11:00 AM - 4:00 PM



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