

Post-Whitening Care Instructions

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

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

- Coffee / Tea
- Tobacco products
- Mustard / Ketchup /Soy sauce
- Cola's
- Red Wine
- Berry pies
- Red Sauces

Suggestions of white and clear foods you may consume for the next 48 hours:

- Milk, water, clear sodas
- Bananas, apples (no peel)
- White bread, flour tortillas
- Oatmeal, cream of wheat
- Plain yogurts, white cheese, sour cream, cottage cheese
- White rice, baked potato
- Plain pasta and white sauce
- Turkey, chicken breast (no skin), white fish

Additional ways to maintain your sparkling smile:

- Avoid staining related habits
- See regular professional dental hygiene care to maintain oral health
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, tongue cleaning and using irrigator. Advanced cosmetic Dentistry and their educated staff will assist you in selecting the products to maintain not only a white smile, but a healthy one as well.

Please feel free to call us with any questions you may have +7 495 781 5577