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Post-Whitening Care Instructions

The next 48 hours are important in enhancing and maximizing the procedures whitening results for a long lasting, bright and healthy smile.

Dietary Restrictions

For the next 48 hours, avoid dark staining substances. A good rule to keep in mind, if it stains your clothes, it will stain your teeth!

Please avoid the following:

- Coffee and/or Tea
- Tobacco Products
- Mustard and/or Ketchup
- Dark Sodas / Cola
- Red Wine
- Soy Sauce
- Berries of any kind
- Red Sauces

Additional ways to maintain your sparking, power bleached smile:

- 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 and flossing to remove debris from between your teeth and tongue.
- Limit staining foods/products after the 48 hours post treatment

If you are interested in continuing or touching up your whitening at home, ask us about our custom whitening trays.