

## AFTER CARE INSTRUCTIONS FOR TEETH WHITENING

You have invested in your smile. Here are some simple instructions to follow after your whitening procedure because your teeth are still porous and can absorb food and liquid dyes. Follow for the next 2 days

- Avoid dark beverages that stain: coffee, tea, sodas, red wines, powdered drinks like Kool-Aid or any colored drink. Your teeth can absorb the color for up to days after your teeth whitening procedure
- Avoid the following foods : tomatoes, chocolate. Barbeque chips, berries, ketchup, mustard,
- Brush your teeth and rinse your mouth immediately after eating
- What ever would stain your tongue, would also stain your teeth
- Don't drink very hot or cold liquids as these extreme temperatures will cause your teeth to expand and contract, and permit the stains to penetrate
- Cigarette smoking stains your teeth