

WHITENING

The first 48 hours are the most important in maximizing your whitening results for a long-lasting, bright, healthy smile.

For the first 48 hours, DO NOT CONSUME dark or yellow staining substances such as:

- COFFEE/TEA
- MUSTARD/KETCHUP
- RED WINE
- DARK COLORED SOFT DRINKS
- BERRIES
- RED SAUCES
- SOY SAUCE
- TOBACCO PRODUCTS

Maintain your beautiful smile by:

- Continuing good oral hygiene. Continue to brush twice a day and floss daily, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo.
- Sensitivity is normal. If it occurs, please try using anti-sensitivity toothpaste.

How long your results will last greatly depends on your habits.

