

AFTER TOOTH WHITENING INSTRUCTIONS

BELLAMY DENTAL

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Your teeth are very porous following the whitening procedure therefore the next 24 hours are important in maximizing your whitening results.

FIRST HOUR

Drink water only

NEXT 24 HOURS

As you know your teeth are very porous after in-office whitening. For the next 24 hours, dark staining substances should be avoided, such as: Coffee and/or Tea, Cola, Berries, Tobacco products, Red wine, Red sauces, Mustard or Ketchup, Soy sauce

If it stains your clothes, it will eventually stain your teeth.

MIRACLE SMILE TAKE HOME SYRINGE- 24 HOURS AFTER IN-OFFICE TREATMENT

For 5 nights after in-office whitening apply .1 ml to a pea size amount of toothpaste. Brush for 2 minutes and rinse. Drink only water overnight and avoid staining food/drink for the next 24 hours. 25 applications included with in-office take home syringe.

3-9 MONTHS

Book a Spa-Dent touch-up session with your next cleaning appointment.

ADDITIONAL WAYS TO MAINTAIN A BRIGHTER SMILE:

Avoid staining related habits

Use an automated toothbrush

Seek regular professional dental hygiene care to maintain your oral health

Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.