



POST TREATMENT CARE

WHITENING AFTERCARE

After a dental procedure, oral health is your own responsibility, so it's very important for you to follow the next recommendations to ensure success.

EATING: For the first 8 days after teeth whitening, **avoid chewing colored foods** (radish, beetroot, etc.) until the teeth are sealed completely.

DRINKING: For the first 8 days after teeth whitening, **avoid drinking colored drinks** (Kool-Aid, tea, coffee, etc.) until the teeth pores are sealed completely.

DISCOMFORT: It's normal for your gums to feel sore the first days after treatment. To reduce discomfort, rinse your mouth 3 times a day with warm salt water.

HYGIENE: Avoid too hot or cold drinks for the first days after treatment. We recommend the use of a special toothpaste in case of feeling pressure in teeth or sensitivity. If sensitivity or discomfort increases or continues over 10 days, please call us as soon as possible.

IN THE U.S. CALL (928) 257 1307

TOLL FREE (855) 726 4337