

## After-Whitening Care Instructions

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as: coffee and tea, tobacco products, mustard or ketchup, cola, red wine, soy sauce, berry pie, and red sauces.

Additional ways to maintain your sparkling *ZOOM!* smile:

- Avoid staining related habits.
- Use an automatic toothbrush.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine need for whitening touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth. The dental professionals in Dr. Bernal's office will assist you in selecting the products to maintain not only a white smile, but a healthy one as well.