

# ZAYASODENTAL

## Post-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
- Cola
- Berry pie
- Tobacco products
- Red wine
- Red sauces
- Mustard or ketchup
- Soy sauce

### **Additional ways to maintain your sparkling smile!**

- Avoid staining related habits.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene including thorough brushing and flossing to remove debris from between teeth. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!