**TEETH WHITENING AFTERCARE**

DO’S

* Drink lots of water
* Follow the ‘white diet’ for 48 hours
* Book a recommended touch up in 4-6 weeks for best results

DON’T’S

* Eat or drink within 3 hours post treatment
* Eat or drink anything coloured within 48 hours

PLEASE NOTE:

* The possible chalky appearance of white spots or streaks within the initial 24-48 hours should not cause alarm. These may simply become more noticeable due to the whitening treatment.
* Though rare, sensitivity may arise after the treatment and could persist for 24 to 48 hours. The use of S**ensodyne toothpaste** can aid in alleviating this sensitivity. If it extends beyond two weeks, it is advisable to consult a dentist or healthcare professional.

TIPS TO KEEP YOUR SMILE WHITE

* Drink though a straw
* Brush and floss twice a day
* Visit the dentist every 6 months for a clean
* Have regular maintenance sessions every 6 months
* Use approved at home pens / whitening systems between sessions

THE WHITE DIET:

***APPROVED FOODS*:** White Bread/Rice Oats, White Yoghurt, Cheese, Plain Biscuits White Potatoes, Hot Chips, White Meats, (chicken, fish, turkey) Bananas, White Sauces (mayo, aioli, cabonara sauce) Vanilla Ice-cream, Cauliflower, Egg Whites

***APPROVED BEVERAGES:*** Water, Milk.

***AVOID:*** Lemonade, Orange juice ,Acidic fruit juice, Energy drinks, Cola ,Tea and coffee, Red wine, Beer, Coloured mixed drinks, Coloured fruit/vegetables, Coloured vegetables, Chocolate ,Rye/Dark Bread ,Curries ,Red Sauces, Pickles, Beetroot, Butter/Margarine, Coloured Lollies, Dairy /Milk / Yoghurt, Extremely hot or cold liquids, Acidic foods, and drinks Smoking, Alcohol, Lipstick.

We are here for you and urge you to contact us if you have questions. We truly want all of our clients happy and have the best outcome! TO BOOK your next appointment. Visit our website or Instagram page. Make sure you book in the right procedure time for timing.

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