

MARION

SMILE CENTER

Instructions: Post In-Office Whitening

Congratulations! You just experienced a revolutionary tooth whitening procedure. The next 48 hours are important to enhance and maximize your whitening results for a long-lasting and bright smile.

For the next 48 hours, dark staining substances should be avoided, such as:

- Coffee and Tea
- Tobacco products
- Mustard and Ketchup
- Cola
- Red Wine
- Soy Sauce
- Berry Pie
- Red Sauces

Additional ways to maintain your sparkling smile:

- Avoid staining related habits (see above section).
- Have teeth cleaned professionally by your dental hygienist regularly to maintain your new bright smile.
- Whiten after your professional cleanings.
- Brush 3 times per day, floss 1 time per day (preferably at bedtime), and clean tongue 1 time per day.
- Start using your new customized trays 3 days after your in-office whitening treatment.

“A beautiful smile is your greatest social asset!”

This guide, along with others, can be found at mmSmileCenter.com under the “Patient Resources” tab.