



MARION

SMILE CENTER

Home Care Instructions: 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:

- Start using your new custom-made take-home whitening trays **3 days** after your in-office whitening treatment. Continue using your custom-made take-home trays as needed to keep your teeth brighter and whiter.
- Avoid substances that stain (see above section).
- Have teeth cleaned professionally by your dental hygienist regularly to maintain your new bright smile.
- Brush 3 times per day, floss 1 time per day (preferably at bedtime), and clean tongue 1 time per day.

“A beautiful smile is your greatest social asset!”

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