

WHITENING

Post Treatment Care

After a dental procedure, **oral health is your own responsibility**, so it's very important for you to follow the next recommendations to ensure success.



EATING: For the **first 8 days after teeth whitening**, avoid **chewing colored foods** (radish, beetroot, etc.) until the teeth are sealed completely.



DRINKING: For the **first 8 days after teeth whitening**, avoid **drinking colored drinks** (Kool-Aid, tea, coffee, etc.) until the teeth pores are sealed completely.



DISCOMFORT: It's **normal for your gums to feel sore the first days** after treatment. To reduce discomfort, rinse your mouth **3 times a day** with **warm salt water**.



HYGIENE: Avoid too **hot or cold drinks** for the **first days after treatment**. We recommend the use of a **special toothpaste** in case of feeling pressure in teeth or sensitivity. If **sensitivity or discomfort increases or continues over 10 days**, please call us as soon as possible.