

Whitening After Care Instructions

For the first 48 hours dark, staining substances should be avoided. These items include, but are not limited to...

- Coffee and/or tea
- Tobacco products
- Ketchup or mustard
- Cola
- Red wine
- Soy sauce
- Berry pie
- Red sauces

If it would stain a white shirt, it should be considered as something to be avoided.

Additional ways to keep your dazzling smile:

- Use an automated toothbrush.
- Seek regular professional dental hygiene care to maintain oral health and keep staining to a minimum.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove plaque and debris from between the teeth, and tongue cleaning.
- The team at Eckart Dental Center will assist you in selecting the products to maintain your white smile, and keep it healthy as well.