



Teeth Whitening

Aftercare Instructions

- For 24–48 hours, avoid dark or staining foods and drinks like coffee, red wine, soy sauce, and berries. Stick to a "white diet" (e.g., chicken, rice, cauliflower) to maintain brightness.
- Yes, but use a gentle, non-abrasive toothpaste. Your teeth may feel sensitive, so avoid aggressive brushing.
- We recommend waiting at least 3 months between treatments to protect your enamel and maintain healthy results. Follow up with touch-ups as needed.