first 2 hours

AVOID **EATING, DRINKING, SMOKING, & CHEWING GUM**

DON'T **TOUCH OR PLAY** WITH GEMS

first 48 hours

AVOID **HARD, STICKY, OR ACIDIC FOODS, TOUGH MEATS, HARD BREAD CRUSTS, RAW VEGGIES**

DO NOT **BRUSH DIRECTLY OVER GEM** OR USE **MOUTHWASH**

STAY **HYDRATED** TO MAINTAIN A **LESS ACIDIC ORAL** ENVIRONMENT

DO NOT **SMOKE** OR **DRINK ALCOHOL**

ongoing

WITH PROPER CARE GEMS CAN LAST **3-12 MONTHS OR LONGER**!

GEMS CANNOT BE PLACED ONTO **VENEERS, CROWNS, OR EXISTING BONDING**

STRONG **WHITENING PRODUCTS** CAN SHORTEN GEM LIFE

Start