



## Patient Aftercare

After your teeth whitening treatment, please follow a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during LUMIBrite chairside treatments. It takes twelve to twenty-four hours for the barrier to fully develop again.

During this period we ask you to avoid the following items:

- Red Wine
- Dark Colas
- Coffee or Tea
- Red Sauces
- Mustard or Ketchup
- Soy sauce
- A-1 sauce
- Tobacco products
- Lipstick
- Anything that would stain a white shirt

Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups. Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.