

After Care Guidance



Thank you for choosing to have your teeth professionally whitened with us

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To help maintain the whiteness of your teeth it is important to follow these guidelines:

Follow the treatment guidelines of your professional whitening product as advised by your dentist.

During the treatment period, limit foods and drinks that can stain your teeth, such as coffee, tea and red wine.

Use our range of toothpastes and mouthwashes which have been specifically designed for stain prevention and whitening to help remove surface stains and maintain the brightness of your teeth.

Have regular cleanings with your dentist to maintain the health of your teeth and gums and to remove any surface stains that may have developed.

Use top-up whitening treatments with your dentist as needed to maintain the brightness of your teeth. These can include additional whitening gel syringes and whitening strips.

Visit whitewashlaboratories.com to see the full range of smile maintenance products and follow these guidelines to help ensure that your teeth stay white and healthy for years to come.



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