

PHILIPS ZOOM!

Post-Whitening Care Instructions

The next 2 hours are important in enhancing and maximising your whitening results for a long lasting, bright and healthy smile.

For the next 2 hours, dark staining substances should be avoided, such as:

- Coffee and/or tea (*Especially fruit/herbal teas and green tea*)
- Red Wine
- Tobacco products
- Mustard or ketchup
- Cola
- Soy Sauce
- Curries & Chilli's
- Red Sauces (*Such as Italian pasta/pizza toppings*)
- Chocolate
- Lipstick
- Salad greens
- Dark coloured fruit such as tomato or red berries

In short, any food or drink which would stain a white shirt

It may be helpful to have some idea of the types of foods which you CAN have! Such as:

- Clear or white fluids (Water/Lemonade/soda or tonic)
- White Wine
- White drinking chocolate or Horlicks
- Chicken or fish with rice
- Tagliatelle carbonara
- Jacket Potato with cottage cheese/chicken or tuna mayo.
- Corn Flakes or porridge
- White Chocolate
- Banana

Additional ways to maintain your sparkling new smile:

- Avoid staining related habits.
- Maintain your results by using a Sonicare DiamondClean or HealthyWhite brush.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the product to maintain not only a white smile, but a healthy one as well!