

- Do not drink dark drinks (coke, red wine, tea).
- Do not consume beta carotenes (Carrot, Auyama, Papaya).
- Limit the use of: cigarette, tobacco, or pipe (remember that these do not only stain your teeth...)
- Do not use in pregnancy.
- It is normal to feel some sensitivity in the teeth with cold or cold drinks, immediately after whitening. It is advisable to use non-abrasive toothpastes (those used for calculation control) and use creams for sensitive teeth (Sensodyne, oral b).
- Perform normal hygiene and remember to use dental floss daily.
- Contact the dentist immediately if excessive discomfort occurs.

*Thank you for carefully following these recommendations.
They are very important for the success of the treatment.*