

After Care Treatment

✓ Avoid Stain Causing Foods and Beverages

For the next 12 hours try to avoid stain-causing foods and beverages - coffee, tea, red wine, sports drinks, curries, hard lollies, berries and tomato & soy sauces are all foods that can cause tooth discoloration.

✓ Use a Straw

When drinking beverages, use a straw to keep stain-causing dyes away from your teeth.

✓ Don't Smoke

Not only will you improve your health by not smoking, you won't stain your teeth with yellow and brown marks.

✓ Drink less coffee

Now we're not saying after you've had your teeth whitened you have to give up coffee, but do reduce your intake as it gradually discolours teeth. The more milk you use the more diluted the coffee which helps to reduce staining.

✓ Choose White Wine over Red

Red wine dramatically discolours teeth. Eliminate this factor by choosing white wine over red.

✓ Use Normal Toothpaste

It is a common misconception that after you've had your teeth whitened, you should use whitening toothpaste as part of your teeth whitening aftercare. This is incorrect, as some whitening toothpastes actually contain tiny granules that, when in contact with teeth, gradually cause enamel erosion.

✓ Routine

We recommend a routine of brushing your teeth twice daily, flossing and rinsing to get rid of unwanted plaque that can accumulate in gaps. If your teeth are white, chances are they are very healthy. Even if you haven't had your teeth whitened, follow these tips to reduce staining on your teeth.

Teeth Whitening doesn't stop your teeth from being susceptible to staining. The teeth whitening can last anywhere from one month to 2 years, depending on lifestyle factors and repeated exposure to dark-coloured beverages and foods that can cause extrinsic tooth staining over time.

✓ Thank you!

Thank you for choosing Gold Coast Laser Teeth Whitening and be sure to visit your dentist for regular check-ups and cleanings.