

10 TIPS FOR A BRIGHTER, WHITER SMILE!

#1

Use whitening toothpaste to gradually remove surface stains and prevent new ones.



#2 Avoid foods and drinks that stain teeth, such as:



RED WINE



TEA



COFFEE

#3

Brush and floss regularly to remove plaque and prevent staining.



#4

Drink plenty of water to rinse away food particles and reduce acidity in the mouth.



#5

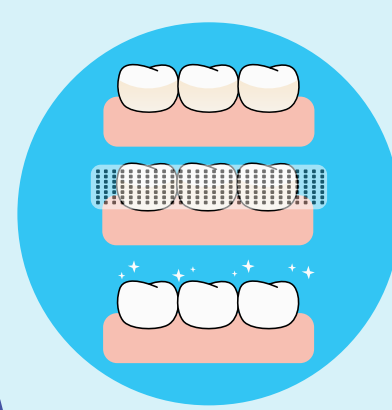
Consider professional teeth whitening options, such as:



IN-OFFICE TREATMENT



TAKE-HOME TRAYS



WHITENING STRIPS



Use a straw when drinking to minimise contact with teeth.

#7

Try natural teeth whitening remedies, such as:



OIL PULLING



BAKING SODA



APPLE CIDER VINEGAR



ACTIVATED CHARCOAL

#8

Avoid home remedies that can damage enamel, such as:



LEMON JUICE



HYDROGEN PEROXIDE



STRAWBERRIES



#9

Consult with your dentist to choose the best whitening method for your teeth and monitor your progress.

#10

Remember that whitening is not a permanent solution and requires maintenance to keep your smile bright and white.

