



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Teeth Whitening

Pre/Post Treatment Instructions

Important Information from Tammy Conley, RDA
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on your new white smile. This document has been meticulously crafted to guide you through the post-treatment process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.


Should you have any questions or require further clarification, please do not hesitate to contact Tammy Conley, RDA and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



Tammy Conley, RDA's



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 It is very important to not eat or drink anything with color for 24 hours

THE DO's

Items you may consume for the next 24 hours:

- Water, milk, clear soda, white wine, clear liquors
- Apples without skin, pears without skin, bananas
- White bread, flour tortillas
- Oatmeal or cream of wheat without brown sugar, grits, egg whites
- Plain yogurt, vanilla ice cream, white cheese, sour cream, cottage cheese
- White rice, baked or mashed potatoes (no skin)
- Plain pasta, white sauce
- White gravy, mayonnaise
- Turkey, chicken breast (no skin), white fish, tofu
- Cauliflower, white onion
- Garbanzo beans or other white beans
- Marshmallows
- Whipped cream
- White chocolate
- Any other white & beige foods or drinks

Use clear lip gloss or clear lip balm only

USE WHITE TOOTHPASTE ONLY

THE DON'Ts

Other items you need to avoid for the next 24 hours:

- Smoking or smokeless tobacco products
- Colored mouthwash & toothpaste
- Colored lip balm or lipstick

Please contact DrSkin Med Spa if you have any concerns following your treatment.

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