



✦ What to Expect After Your Treatment

- Mild sensitivity or discomfort may occur for a few days.
 - Your gums or teeth might feel tender, especially after veneers, bonding, or whitening.
 - Color may slightly settle after teeth whitening within the first 24-48 hours.
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🦷 Essential Aftercare Tips

- Avoid dark-colored foods and drinks (coffee, tea, red wine, soy sauce) for 48 hours after whitening.
 - Use a soft-bristled toothbrush and non-abrasive toothpaste.
 - Avoid biting hard objects (ice, pens, hard candies) if you had veneers, bonding, or crowns.
 - Wear a nightguard if recommended to protect cosmetic restorations.
 - Continue daily brushing and flossing to maintain results.
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💡 Additional Reminders

- Attend your scheduled follow-up appointments.
 - Inform us immediately if you experience severe pain or unusual sensitivity.
 - Teeth whitening may require maintenance treatments every 6–12 months.
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📍 Need Help? Contact Us Anytime!

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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands! 🦷 ✦