



Brighten your smile for your big day with our oral care tips



For your wedding day or all big events you are going to, steal the spotlight with a shiny smile following these oral care tips:



Start thinking about your teeth whitening goals **in advance** to get ample time for treatments and adjustments.



Schedule a dental check-up for professional guidance tailored to your needs.



Be consistent with the prescribed whitening regimen along with your daily oral care to achieve the desired results.



Minimize **consumption of staining foods & beverages** in the weeks leading up to the wedding.



Avoid habits like **smoking or excessive alcohol** consumption, as that may impact the results of your whitening treatment.

Finally, remember that regular use of whitening products in the months leading up to the event will be more natural & long lasting.