



AVOID STAINS:

# 7 EASY-TO-FOLLOW TEETH WHITENING TRICKS

# BRUSH WITH BAKING SODA



Brushing with baking soda can help make your teeth whiter. Baking soda is a mild abrasive, which means it helps scrub away surface stains on your teeth. Mix a small amount of baking soda with water to create a paste. Brush your teeth with this paste for about two minutes. Do this once or twice a week for the best results. Be careful not to use it too often, as it can wear down your tooth enamel. After brushing with baking soda, rinse your mouth well with water. This simple trick can help you get a brighter smile over time.



10  
EAT

## EAT CRUNCHY FRUITS AND VEGETABLES

Eating crunchy fruits and vegetables like apples, carrots, and celery can help your teeth stay bright. They scrub away plaque while you chew, which helps keep stains away. These foods also make your mouth produce more saliva, which washes away food particles and bacteria. Include these snacks in your diet for cleaner, whiter teeth without much effort.



# AVOID COFFEE AND RED WINE

Coffee and red wine can make your teeth turn yellow or brown. If you want to keep your teeth white, try drinking less of these drinks. They have dark colors and can leave stains on your teeth. Even if you brush your teeth a lot, the stains can still happen because the drinks can get into the tiny holes in your teeth.

For a bright smile, pick lighter drinks like water, milk, or green tea. If you really like coffee or red wine, use a straw to drink them. This helps keep the liquid away from your teeth and reduces staining. Make sure to rinse your mouth with water right after drinking coffee or red wine to wash away any leftover color.

THE



# FOOD

## RINSE AFTER MEALS

Rinsing your mouth with water after eating can help keep your teeth white. Water washes away food particles and helps prevent stains from forming. It's easy to do and makes a big difference. Try to make it a habit to rinse with water for about 30 seconds after each meal. This simple step helps keep your smile bright and clean.





# USE WHITENING TOOTHPASTE

Whitening toothpaste is a great way to keep your teeth shiny and white. It usually contains mild abrasives that help scrub off stains from your teeth. Some also have special chemicals that gently bleach your teeth. It's simple: just replace your regular toothpaste with a whitening one. Brush your teeth twice a day, just like you usually do. You'll start seeing results in a few weeks.

Remember, though, it won't make your teeth super white overnight. Be patient and make it part of your daily routine for the best results.





# TRY ACTIVATED CHARCOAL

Activated charcoal can help whiten your teeth. This special black powder works by trapping stains and plaque on your teeth, making them look cleaner and brighter. To use, wet your toothbrush and dip it into the powder. Brush your teeth gently for about two minutes. It's important to spit carefully and rinse well since the charcoal can be messy. Use it a few times a week for best results. Be sure not to use it too often as it can wear down tooth enamel. Activated charcoal is an easy addition to your teeth whitening routine.



SEVEN

## FLOSS DAILY

Flossing every day helps keep your teeth clean and free from stains. Food bits stuck between your teeth can lead to plaque build-up, which may cause yellow or brown spots. Use dental floss to remove these food particles. It helps keep your teeth white and your gums healthy. Flossing only takes a few minutes but makes a big difference in keeping your smile bright.



BOOMS

# TEETH WHITENING APPOINTMENT

Smile Flawlessly understands the struggle of wanting a brighter smile without the hefty price tag or harmful chemicals. We offer a safe, effective solution that can whiten teeth by up to 9 shades, helping you gain the confidence you deserve. Our expertise ensures you get professional results in a comfortable setting, so you can face the world with a radiant smile. Click Below to book your appointment today.