

Cosmetic Journey

DO's and DONT's

Brush your teeth at least twice per day.



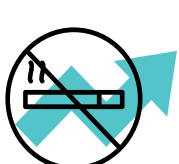
Have a meal before the procedure. Make sure you are not hungry.

Use cleaning aids such as mouth wash, floss, and any others.



Avoid colored food on the procedure day.

Refrain from smoking, as tobacco has a negative impact on oral health



Don't drink coffee or tea on the day of procedure.

These guidelines have been prepared by Dr Izbel Aksit, an independent, board-certified dentist. Please be aware that clinical recommendations may vary between patients and dentists. Your dentist will provide personalised instructions during your consultation appointment.

Personal Care

WHAT to Eat&Drink?

Eatable

Skinless chicken/turkey (minus the fat)

White fish

White rice

White pasta

White cheese

Cauliflower

White onion

Egg whites

Peeled potatoes cooked to your liking

Crustless white bread

Banana

White low-fat yoghurt



Drinkable

Still / sparkling water

Tonic / soda water

White lemonade

Skimmed milk

Clear coconut water

Clear alcohol mixed with clear mixers (gin and tonic, vodka and white etc)

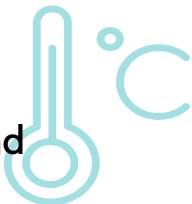


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Personal Care

DO's and DONT's

Avoid too hot/too cold foods and beverages for 3 days.



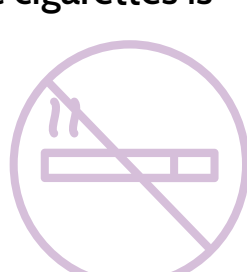
Avoid coloured toothpaste (red or blue) or mouthwash for 2 days.

Avoid any dark staining drinks like tea, coffee, red wine, coloured soft or alcoholic drinks and fruit juice for 5 days.



No Smoking for 24 hours, smoking a cigarette within the first 24 Hours will stain your teeth.

Moderate use of electronic cigarettes is permitted.



Avoid all dark staining foods like bolognese, soy sauce, red meat, chocolate and all fruit except bananas for 5 days.

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