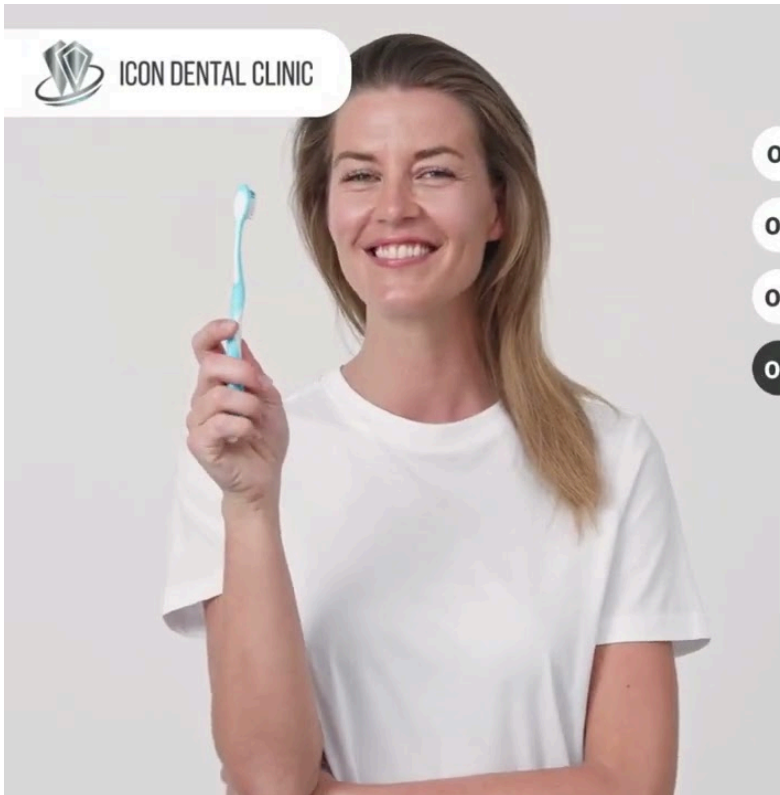




# Preserving Your Smile: Tips for Maintaining Whitened Teeth



ICON DENTAL CLINIC

- 01
- 02
- 03
- 04**

## 04 Maintain Your Bright Smile

Some discoloration is natural from eating and drinking, and occasional whitening

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This enlightening video provides essential recommendations for [keeping newly whitened teeth bright and radiant](#). It explores habits that contribute to maintaining a gleaming smile, such as avoiding staining foods and drinks, utilizing whitening toothpaste, and scheduling regular cleanings. By adhering to these strategies, individuals can enjoy prolonged results and ensure their teeth remain luminous between whitening sessions.