

HOW LONG DOES TEETH WHITENING LAST? ✨

1 HOW LONG DOES IT LAST?



Results typically last



depending on your habits
and aftercare.



TIP: Maintenance is the
secret to long-lasting
results!

2 WHAT AFFECTS HOW LONG IT LASTS?



Your daily habits play the
biggest role in how long
your results last.

3 THE FADING PROCESS

Whitening doesn't disappear
overnight. It fades gradually.



0-3 MONTHS

Bright & fresh
results



3-9 MONTHS

Slight dullness
may appear



9-18 MONTHS

Noticeable
staining begins



18+ MONTHS

Closer to your
natural shade



Regular care keeps your
smile brighter for longer.

4 HOW TO MAKE YOUR WHITENING LAST LONGER



Rinse with water after
coffee or tea



Use a straw for dark
beverages



Maintain good oral
hygiene daily



Schedule regular dental
cleanings



Use touch-up whitening
as recommended