



## Custom Shade Appointments

### TIPS FOR BEST SHADE RESULTS

- If you bleach your teeth, discontinue bleaching at least three days before your custom shade appointment.
- The day of your custom shade appointment, discontinue any dark foods or beverages that discolor your teeth.
  - ⇒ energy drinks with any color (synthetic dyes will temporarily stain your teeth)
  - ⇒ red wine
  - ⇒ blueberries, blackberries, and grape juice
  - ⇒ coffee

