



Restore your smile with a CEREC Same- Day Crown

At New Smiles, we can dramatically whiten your teeth in six weeks or less. But if your teeth aren't stained yet, here are five easy ways to keep your smile gleaming.

Avoid foods that stain. The big offenders are coffee, tea, soda and red wine, but lesser known culprits like beets, blueberries, soy sauce or ketchup can discolor your smile too. Be sure to brush after eating or drinking these foods, or at least rinse your mouth with water afterwards.

Use straws. If a liquid doesn't touch the fronts of your teeth, it's less likely to stain them. It may seem odd to drink hot coffee through a straw, but if you're committed to your pearly whites, sipping through a straw is an easy fix.

Stop smoking! Besides increasing your risk for oral cancer, both smoking and chewing tobacco darken your teeth over time.

Proper home care. Brushing your teeth is crucial to maintaining a healthy (and aesthetically pleasing) smile, but it's important to check in with a professional as well. Make sure to schedule a dentist appointment at least twice a year.

Consider a whitener. Professional tooth-whitening is very effective and can significantly brighten your smile. Ask your dentist for more information. DIY whiteners can be effective to some degree. However, if you have any concerns about the health of your teeth or gums, you should consult your dentist first.

New Smiles: Change your smile. Change your life.

[New Smiles](#)

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