

Whitening Post Op Instructions

CONGRATS!

You've just experienced a revolutionary tooth whitening procedure. The next 72 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

During the first 24 hours after whitening treatment, some patients can experience some tooth sensitivity or pain. This is normal and is usually mild, but it can be worse in susceptible individuals. Normally, tooth sensitivity or pain following a treatment subsides within 24 hours, but in rare cases can persist for longer periods of time. If you do, take an over the counter pain reliever (one you would use for a headache such as Advil, Aleve, Tylenol, etc) It's normal to experience "Zingers" which are random jolts of sensitivity, especially on lower teeth, that subside within over 24 hours.

WHITE DIET:

What to Avoid:

- Coffee - We understand that this may be a hard one to cut out entirely. If you need some to get through the day, then add milk to help reduce the staining effect. Also, limit the amount you drink to no more than two cups as studies show staining increases the more cups you drink.
- Tea - Dark tea is actually worse for your teeth's color than coffee. Again, if you can't fight the craving then follow the same advice as above.
- Wine - Red wine's acidity and dark colors make it a high risk drink. While white wine can't stain your teeth itself, the acidity weakens your enamel increasing your vulnerability to other staining foods.
- Fizzy Drinks - Acidic and full of coloring, avoid these drinks entirely if possible.
- Fruit Juices - Avoid these drinks because of their high acidity.
- Dark Condiments - Soy sauce, balsamic vinegar, even tomato sauce all carry risks for their color and acidity.
- Dark Fruits - Same as above, try to avoid fruits such as blackberries.
- Curry - If you've seen how curry stains your pots and pans just think of what it will do to your teeth. Definitely avoid this food after treatment to be safe.
- Sweets and Chocolate - Think of the color of your tongue after eating some sweets. Your teeth are at risk from staining in the exact same way.
- Tobacco - "Smokers teeth" is a common expression for a good reason. We highly recommend avoiding smoking after your whitening, so try to use nicotine patches and other products to help you fight the craving.

What You Can Have:

- Chicken/Turkey - Healthy, light colored, and acid free. Chicken or turkey is a great meat to eat in general and especially after whitening.
- Fish - avoid darker fish, but white fish such as albacore are fine.
- Rice - This is a perfect accompaniment for the foods above.
- Pasta - Although pasta is fine, just be sure to avoid sauces that are colored like tomato sauce or green pesto.
- White Cheese - Just remember to not include wine with this meal.
- Onion - Specifically, white onion. Red onion does contain some coloring so it's best to avoid it.

- Egg Whites - The yoke, unfortunately has color so be sure to remove it when cooking your egg.
- Potatoes - We recommend peeling the skin off and only eating simple white colored potatoes. Mash potato is also absolutely fine.
- White Bread - Ideally you should remove the crust to be on the safe side.
- Bananas - These are a great snack and pose little risk to the color of your teeth.
- Yogurt - Ensure that you eat white yogurt as colored yogurt can contribute to stains.
- Porridge - Feel free to add milk and enjoy a delicious bowl. If you like sugar then to protect your teeth in the 48 hour window, we recommend using sweetener instead.

Additional ways to maintain your smile:

- Avoid staining related habits
- Use an automated toothbrush
- Regular professional dental hygiene care to maintain oral health, keep staining to a minimum.
- Use whitening trays for touch ups as recommended by the dentist
- Practice good oral hygiene by tooth brushing, flossing, and tongue cleaning. We will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!