

POST TEETH WHITENING INSTRUCTIONS

- ❑ Eat only white foods. This is a rule of thumb since you do not want to go out and eat bright red tomatoes that might stain but rather stick to white chicken, pasta, potatoes and cauliflower.
- ❑ Do not drink coffee, tea, soda, coloured juices or red wine. Any of these deeply coloured drinks can stain the teeth. Water is the best to drink for the first 24 hours after whitening. Avoid extremely hot or cold liquids.
- ❑ Avoid foods and drinks that are acidic. Acidic foods and beverages open up the pores of the tooth enamel allowing stains to more easily penetrate your teeth
- ❑ Do not smoke for at least 24 hours. There are many ingredients inside cigarettes that are able to stain the teeth, especially in the 24 hour time period after treatment.
- ❑ Do not put lipstick or lipgloss on during this time. Lipstick is a known cause for staining teeth since the colour is semi-permanent.
- ❑ Rinse your mouth after each meal to ensure that you do not leave staining food and drinks in your mouth for too long.
- ❑ Brush and floss regularly to ensure that you remove harmful buildup that could be staining your teeth. This is also good oral hygiene and can keep your teeth whiter for a longer period of time.
- ❑ Use a straw as much as possible when drinking anything. This minimizes contact from the liquid to your teeth which can minimize staining.
- ❑ Sensitivity may occur. Brush your teeth with an anti sensitivity toothpaste and rinse with an anti sensitivity mouthwash until the sensitivity goes away.
- ❑ Do not use an at home whitening kit on your teeth for at least a month or two, and if you decide to use one after this time – be very cautious since you can weaken your teeth and may over-whiten.
- ❑ If you have previous dental problems such as cracked, missing, broken teeth or cavities, sensitivity from the procedure can be intensified so it is recommended that you have these problems fixed prior to the teeth whitening.