



After Your In-Office Tooth Whitening Procedure

We recommend that you **AVOID** the following items for the next 48 hours:

- *Red wine*
- *Dark colas*
- *Coffee or Tea*
- *Red sauces* ***** If it will stain a white t-shirt, then it will stain your teeth!**
- *Mustard or Ketchup* **When in doubt . . . Don't Eat It! *****
- *Soy sauce*
- *Smoking*

Suggested white and clear foods that you may consume over the next 48 hours:

- *Milk, Water, Sprite*
- *Bananas, Apples (without peel)*
- *White bread, Flour tortillas*
- *Oatmeal*
- *Plain yogurt, White cheeses*
- *White rice, Baked potato, Plain pasta (and/or white sauces)*
- *Turkey, Chicken breast (no skin), White fish*

Everyone's teeth have a protective layer called the "acquired pellicle." This layer contains the surface dental stains and is removed during a professional cleaning, and the whitening process. It takes 24-48 hours for this barrier to fully develop again. During this time period, we ask that you avoid the list of items stated above for the best possible whitening result.

You may experience tooth sensitivity during this 24-48 hour period. If you have any sensitivity, take whatever pain reliever you would normally take for a headache (Advil/Tylenol). If you were given a tube of "Relief" fluoride gel, this gel is to be used for post-operative tooth whitening sensitivity only. Place a small amount of the gel on a cotton swab and apply to the front surface of teeth. Spit out the excess and **DO NOT RINSE** with water or eat for 30 minutes. Allow the excess gel sit on the teeth. You may apply the gel up to 3 times daily. If tooth sensitivity lasts more than 48 hours, call the office.

Touch up trays: If you do not have additional dental treatment, then it is likely that impressions were taken to make custom whitening trays for you to have for home "touch ups." Please allow a week for us to make your trays, and schedule a 10 minute appointment to ensure the trays fit properly and review the directions for using the whitening gel at home.