



## Teeth Whitening home care instructions

Everyone's teeth have a protective layer called the “[acquired pellicle](#).” This layer contains surface dental stains, which are removed during a regular dental cleaning and the whitening process. It takes 24 to 48 hours for the barrier to fully develop again. During this period we ask that you avoid the items listed below.

- Red wine
- Coffee
- Dark colas
- Red sauces
- Mustard or ketchup
- Soy sauce, A-1 sauce
- Or anything that would stain a white shirt

You may consume what is referred to as a ‘white diet’ for next 48 hours. It includes:

- Milk, water, clear soda
- Bananas, apples (no peel)
- White bread, flour tortillas
- Oatmeal, cream of wheat
- Plain yogurt, white cheese, sour cream, cottage cheese
- White rice, baked potato
- Plain pasta and white sauce

Avoid extremely hot or cold liquids: Extreme temperature changes are known to make teeth more prone to staining and sensitivity. Avoid excess tea or coffee or drink them with a straw to prevent excessive contact with the teeth.

Avoid alcoholic beverages and smoking: Tannins in red wine and nicotine in tobacco can reverse the effect of whitening.

Teeth sensitivity that lasts over a 24 hour to 48 hour is very common after in office whitening. Please use any OTC pain medication as you would for a headache.

Should you have any questions, please feel free to call us.

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