

## Post Teeth whitening Indications

- Do not smoke for 48 hours.
- Avoid beverages that stain (fruit juice, coffee, tea, red wine, coloured soft or alcoholic drinks).
- Avoid staining foods (red sauce, blueberries, bolognese, soy sauce, red meat, chocolate and all fruits except bananas).
- Avoid any foods or drinks that would leave a stain on a white shirt.
- Food and drinks that may be consumed are as follows:  
Plain chicken, fish & chips, potatoes, plain pasta and white sauces, cereals, Milk, 7up and white wine, once it is clear or white.
- Avoid coloured toothpaste (red or blue) or Mouthwash for 24 hours.
- Sensitivity to hot or cold liquids may occur. This usually passes within 3 – 4 days. If sensitivity persists, we recommend taking over the counter pain medication. We suggest Actrón (Ibuprofen 400 mg) one tablet each eight hours during three days (ensure you are not allergic to the medication).
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.).
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.