Post Whitening Care Instructions

Maximize your teeth whitening results for the first 48 hours (two days) following the procedure.

Whitening removes an essential tooth layer. 12 to 24 hours are required for the protective layer to redevelop.

Avoid consuming dark, yellow, or other "staining" foods or liquids. For example, avoid it if would stain a white shirt.

Follow this food and beverage list for maximum whitening care and results during the first 48 hours:

It's safe to consume:

- Drinks: Milk, Water, Clear Soft-Drinks, White Wine
- Fruits: Bananas, Apples (no peel)
- Foods: White bread, Flour tortillas, Plain Yogurt, White Cheeses, Sour Cream, White Rice, Baked Potatoes, Plain Pasta, White Sauces, White Fish, Turkey, Chicken or any skinless white meat

Avoid these:

- Drinks: Red Wine, Coffee, Dark Soft-Drinks, Tea or any other colored beverages
- Fruits: Grapes, Berries or any fruit with color
- Foods: Red meat (steak or burgers), Red sauces, Mustard, Ketchup, Soy Sauce, Steak Sauce, Chocolate
- All tobacco products and Lip Stick

Also, avoid these for the firs 48 hours post whitening:

Colored toothpaste or gel, mouthwash, Perio RX, Chlorhexidine, or home fluoride treatments.

Copyright © 20016.Perfect Dental. All rights reserved.
Rev: 6/01/2016

Post Whitening Care Instructions

Treat any post-procedure sensitivity by chewing sugarless gum or use a pain reliever (Advil or Tylenol).

Brush with Fluoridex or Sensodyne tooth paste to help with tooth sensitivity.

Maintain your new, brighter smile with consistent daily oral hygiene (brushing and flossing) and schedule your professional teeth cleaning with a dental hygienist two times per year.

Copyright © 20016.Perfect Dental. All rights reserved.
Rev: 6/01/2016