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TEETH WHITENING AFTER CARE INSTRUCTIONS

Please follow these after care instructions to help make your results last as long as possible.

THE WHITE DIET

Follow the white diet for 24-48 hours after a teeth whitening treatment. Remember that after a teeth whitening treatment, the pores of your enamel are open, and this makes them extra vulnerable to any stains. Once the pores close, which usually happens 24-48 hours after the procedure, you can resume your normal habits.

NON- STAINING BEVERAGES

Water, Sparkling Water, Milk

Vodka, Gin, White Wine

BEVERAGES TO AVOID

Orange juice, and any acidic fruit juice

Tea and Coffee

Colas and other Fizzy Drinks

Energy Drinks

Red Wine, Stout or Beer

FOODS YOU CAN HAVE

Chicken, turkey, fish, Cottage Cheese, Bananas

White Rice, Pasta, White Sauce, Cauliflower

FOODS TO AVOID

Try to avoid foods with color.

Carrots, orange fruits & vegetables

Broccoli, Spinach, green vegetables

Chocolate, Wheat Bread, Butter

Tomatoes & Red Sauce, Beer

FURTHER ADVICE

Avoid extremely hot or cold liquids. These are dangerous to your white smile because they change the temperature of your teeth. This temperature change (hot & cold cycling) causes teeth to expand and contract, allowing stains to penetrate your teeth. Try cutting down on these types of drinks (including coffee and tea) or try drinking them with a straw to reduce the amount of time they are in contact with your teeth.

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. Use a straw to help minimize the contact of these substances with your teeth.

Cut back on drinking and smoking. Frequent consumption of alcoholic drinks and heavy smoking can reverse the effects of teeth whitening. Many alcoholic drinks such as wine have tannins that can stain the teeth. The same goes for nicotine in tobacco. If you can't quit, try to lessen frequency.

Use smudge-proof lipstick. Use smudge-proof lipstick to keep lipstick from getting on your teeth because regular lipstick can stain teeth.

Use maintenance products. Use minerals enamel booster to seal in results and lock out stains. Use 1-year smile maintenance kit once a month and/or use Forever White to touch up your smile as needed.