

Please follow these after-care instructions to help make your teeth whitening results last long. To help you maintain your results, there are a few things that you might want to consider. Your whitening results will depend on whether you follow up the treatment with the necessary care and maintenance. For long lasting results, be sure to follow the White Diet during and after every teeth whitening.

### THE WHITE DIET

Follow the White Diet for 24-48 hours after a teeth-whitening treatment. Remember that after 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 happen 24-48 hours after the procedure, you can resume your normal habits.

#### NON-STAINING BEVERAGES:

- Water
- Sparkling Water
- Milk

#### BEVERAGES to AVOID:

- Lemonade, Orange Juice, Any Acidic Fruit Juice
- Tea and Coffee
- Colas and Other Fizzy Drinks
- Energy Drinks

#### NON-STAINING ALCOHOLIC DRINKS:

- Vodka
- Gin
- White Wine

#### ALCOHOLIC DRINKS TO AVOID:

- Red Wine
- Stout or Dark Beer

#### FOOD YOU CAN HAVE:

- Chicken
- Turkey
- White Fish
- White Rice
- White Pasta
- White Sauce
- Cauliflower
- Cottage Cheese
- Potatoes (NO skin)
- Bananas

#### FOODS TO AVOID:

Try to avoid foods with colour. The more colourful, the more likely it can stain your teeth.

- Carrots and Orange Fruits and Vegetables
- Broccoli, Spinach and Green Vegetables
- Chocolate
- Wheat Bread
- Tomatoes and Red Sauces such as Spaghetti Sauce
- Beets
- Butter and Margarine

**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 and 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 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 the nicotine in tobacco. If you cannot quit drinking and smoking entirely, at least try to do it in moderation or lessen the frequency.

Use smudge-proof lipstick. Use smudge-proof lipstick to keep lipstick from getting on your teeth because regular lipstick can stain teeth. A daily at-home cleaning regime is essential to maintaining the whiteness as it prevents the build-up of stain-causing particles on your teeth. If you neglect your daily brushing and flossing routines, it doesn't take long for these new particles to accumulate.

If you have any other questions or concerns, please don't hesitate to contact us.