

Whitening Post Care Instructions

(To be followed for the first 48 hours)

CONGRATULATIONS! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty four hours for the barrier to fully develop again. To maximize the whitening, we ask that for the next 48 hours, you DO NOT consume dark or yellow staining substances such as:

All Tobacco Products	Avoid Coloured Lipstick	Coffee / Tea
Red Wine	Lettuce & Tomatoes	Curry
Soft Drinks / Potato Chips	Mustard / Ketchup	Berries
Red Sauces	Soy Sauce	Tumeric

Remember that you must not use any colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of Perio Rx or any Chlorohexidine, please wait 48 hours before continuing the usage of this product. If post-operative sensitivity occurs, chew sugarless gum to reduce the peroxide levels, take an Advil or Panadol, or what you would normally use for a headache, and brush with a sensitive toothpaste.

FOOD & DRINK RECOMMENDATIONS FOR 48 HOURS

Main Entrée Suggestions: Turkey, white tuna (no vinegar), white fish, canned chicken breast, chicken breast without the skin, grilled cheese with white cheddar or mozzarella cheese, pasta with white sauce such as alfredo.

Side Dish Suggestions: Plain pasta, white rice, mashed or baked potato (no peel).

Beverage Suggestions: Milk, water, clear soda (sprite) or tonic.

Alcohol Suggestions: Gin or Vodka (no orange juice). White wine is ok.

Fruits & Vegetable Suggestions: Apples, bananas, pears (no peels) and cauliflower.

Snack Suggestions: Cottage cheese, plain or vanilla yogurt, vanilla cookies, vanilla pudding, white cheese, white cheddar or mozzarella.

Condiment Suggestions: Mayonnaise, sour cream and white gravy.

Carbohydrate Suggestions: White bread (no crust), flour tortillas (white), crackers.

Breakfast Suggestions: Pancakes with white syrup, egg whites, oatmeal, cream of wheat.

Additional ways you can help maintain your sparkling smile is to avoid staining related habits, floss, use an electric toothbrush and have regular professional hygiene visits twice a year to keep your smile its whitest!