

INSTRUCTIONS FOR HOME CARE

WHITENING (BLEACHING)

After your teeth whitening treatment, please follow a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer, called the protein pellicle. This layer contains the surface dental stains and is removed during the bleaching process. It takes twelve to twenty-four hours for the barrier to fully develop again.

During this period we ask you to avoid the following items:

- Red Wine
- Dark Colas
- Coffee
- Tea
- Carrots, Beets, ect
- Red Sauces
- Mustard
- Ketchup
- Soy Sauce
- A-1 Sauce
- Tobacco Products
- Lipstick
- or anything that would stain a white shirt

Keep any foods / liquids white or light

After whitening you will have some sensitivity, so you should stay away from anything with citric acid in it. If you do eat citric acid your teeth will **HURT**.

If you have any questions or concerns, please call the office at 665-2962