

In Office Bleaching

Follow up Instructions

After your in-office bleaching, please follow a few guidelines to help you maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicle. This layer contains the surface and is removed during bleaching treatments. It takes 24-48 hours for the barriers to fully develop again. During this period, please avoid the items listed below.

You may experience some tooth sensitivity during this period. If you do, take whatever medication you would normally use for a headache.

In-Office Bleaching After Care

DO'S	DON'TS
<p>A list of recommended foods you may consume for the next 24 hours:</p> <ul style="list-style-type: none"> • Drink: milk or water • Fruit: bananas, apples, no peel • Bread: white bread, flour tortillas • Oats: oatmeal, cream of wheat • Dairy: plain yogurt, white cheese, sour cream, cottage cheese • Grains: white rice, baked potato • Pasta: plain pasta and white sauce • Meat: turkey, chicken breast (no skin) 	<p>A list of items we recommend you avoid for the next 24 hours:</p> <ul style="list-style-type: none"> • Red wine • Colored Sodas • Coffee or Tea (especially Green Tea) • Red Sauces • Mustard or Ketchup • Soy Sauce, A-1 sauce • Smoking • Or anything that would stain a <u>white shirt</u>