



Jamie J. Alexander, D.D.S., PA
Cosmetic, Implant and General Dentistry

IN-OFFICE WHITENING POST OPERATIVE INSTRUCTIONS

Congratulations on completing our In-Office Whitening Process!

Now that your teeth are significantly whiter, there are 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 whitening treatments. It takes twenty four to forty eight hours for the barrier to fully develop again.

During this period, we ask you to avoid certain stain leaving foods and products (Foods with color). Here is a list of what you CAN and CAN NOT eat or drink after the procedure. You do not want eat any food with color (anything that would stain a white shirt) for 48H after the procedure.

YOU CAN EAT (Colorless)

Drink: milk, water, clear soda, white wine

Fruits: bananas, apple (no peel)

White bread or flour tortillas

Plain yogurts, white cheese, sour cream

Cottage cheese, white rice, baked potato

Plain pasta and white sauce

Turkey or skinless chicken breast

YOU CAN NOT EAT/DRINK (Color)

Red wine, dark cola's, coffee, tea

Grapes or any fruit with color

Mustard or Ketchup

Red sauces

Soy sauce or steak sauce

No smoking and No lipstick

Red meat (steak or hamburger)

You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours for 24-48 hours, or as needed for sensitivity.

Please use the Soothe Gel provided with your new bleaching trays as instructed. Please brush your teeth with Sensodyne Toothpaste for an additional two weeks (One week before treatment/Two weeks after).

Please feel free to call us should you have any questions or concerns.