TEETH WHITENING

Aftercare instructions

**The first 24-48 hours following a whitening session are critical as the teeth are more susceptible to stains following a whitening session. It is important to be conscious of foods and liquids that will stain your teeth during this time. Generally, don't take any food or drink that would stain a white shirt for 24-48 hours after a whitening session (the longer the better).

Foods to avoid:

- Coffee, tea, red wine, dark sodas, fruit juices, tomato juice, beet juice
- Dark colored sauces such as tomato sauce, BBQ sauce, soy sauce etc.
- Katsup and mustard
- Dark chocolate
- Berries
- Beets, carrots, tomatoes
- Spinach and kale
- Candy and popsicles
- Dark spices (cinnamon, turmeric etc)
- Acidic foods (such as citrus fruits). These can weaken your enamel following a whitening session.

Foods to enjoy:

- Light colored vegetables
- White meat
- Rice and pasta
- Colorless beverages such as water, gingerale/sprite, white wine
- Non-acidic fruits (ex: apples, pears, bananas)

**If you simply can't go without coffee, consider drinking it though a straw placed at the back of the mouth so that it is less likely to contact with the front teeth.*

Tips for long-lasting results:

- Brush your teeth at least twice per day and floss once a day.
- Consider using whitening toothpaste such as Arm and Hammer for small touch-ups. Only use 1-2x per week as over-use can damage the enamel.
- See your dental hygienist regularly for professional cleanings.
- Whenever possible use a straw to drink dark colored liquids such as coffee, tea red wine and colas or rinse with water following consumption.

**Note: wait 20-30 minutes after consuming acidic drinks such as coffee and red wine before brushing your teeth, as these drinks weaken the enamel and temporarily make teeth "softer." Waiting before brushing allows the pH level to be neutralized by the saliva.*

- Consider touch-up treatments at BEAM every 3-6 months.