

TEETH WHITENING AFTERCARE INSTRUCTIONS

After a teeth whitening treatment, the pores of your enamel are open, making them more vulnerable to stains. It takes about 24-48 hours for the pores of your enamel to close so that you can resume your regular habits. Here's our list of foods and beverages you should avoid after your teeth whitening treatment to maximize your whitening results.

Beverages to Avoid:

- OJ & Acidic Fruit Juices
- Tea & Coffee
- Red Wine
- Energy Drinks
- Red Wine
- Stout or Dark Beer

Foods to Avoid:

- Carrots, Yams & Orange-Colored Fruits & Vegetables
- Broccoli, Spinach & Green Vegetables
- Chocolate
- Tomatoes & Red Sauces
- Beets
- Wheat Bread
- Butter & Margarine

- Avoid extremely hot or cold liquids - these are dangerous to your white smile because they can change the temperature of your teeth. This temperature change (hot and cold cycling) causes your teeth to expand and contract, allowing stains to penetrate the teeth. Avoid beverages with extreme temperatures or drink them with a straw to minimize contact with your teeth. **DON'T CHEW ON ICE!**
- Avoid acidic foods and beverages - acidic foods and beverages open the pores of your enamel, allowing stains to more easily penetrate your teeth. They also contribute to the erosion of your tooth enamel. Drink acidic beverages with a straw to minimize exposure to your teeth. **DON'T SUCK ON LEMONS AND LIMES!**
- Avoid tobacco and alcohol - daily consumption of tobacco and alcohol can rapidly reverse the results of your teeth whitening. Many alcoholic beverages have tannins that can stain the teeth. The same goes for nicotine in tobacco. This is just one more good reason to quit or cut back. **DON'T CHEW TOBACCO!**
- Avoid deeply colored lipstick. Use smudge-proof or colorless lipstick because regular lipstick can stick to teeth and deeply colored lipsticks can stain them. Pro Tip: Blot lipstick with a tissue after application.
- Use our teeth whitening touch-up pen to touch up your smile as needed, before stains get a chance to settle in.