

## Whitening Post Care Instructions

The first 48 hours after whitening treatment are important for maximizing your whitening results for a long lasting, bright, and healthy smile. During this time we ask that you do not have any foods or drinks with color. Stick with white and clear foods only, anything that could stain a white shirt is off limits for the next two days.

We recommend that you swish with a fluoride mouth rinse for 30 seconds **at least 3x a day** (more is okay, but not less) for the next three days.

If you are experiencing sensitivity, you can put a glob of Sensodyne toothpaste on the teeth and let it sit for 10 minutes. After 10 minutes, spit the toothpaste out. You can do this as often as you like. You can also take Advil, Tylenol, or what you normally use for a headache.

### Food & Drink Recommendations for the next 48 hours

Beverages:	Water, milk, clear soda (sprite), seltzer, tonic, gin, vodka, clear tequila, clear rum
Breakfast:	Pancakes (no syrup), egg whites, oatmeal, cream of wheat
Fruits & Vegetables:	Bananas, pears (without the peel), cauliflower, white beans, white asparagus, white potatoes
Snacks:	Cottage cheese, plain/vanilla yogurt, vanilla cookies, vanilla pudding, white cheese (i.e. white cheddar, mozzarella)
Entrées:	Turkey, chicken breast (without the skin), white fish, grilled cheese with white cheese, pasta with white sauce (i.e. alfredo), white bread, flour tortillas, crackers
Condiments:	Mayonnaise, sour cream, white gravy

If you have any questions or concerns, please do not hesitate to contact the office.

All the best,

Tahoe Dental Arts