



## Teeth whitening After care

The next 24 hours are important in enhancing and maximising your whitening results for a long lasting, bright and healthy smile.

For the next 24 hours, dark staining substances should be avoided, such as:

- Coffee and /or tea
- Tobacco products
- Red wine
- Soy Sauce
- Curries – Saffron
- Beetroot
- Carrot Juice
- Berries
- Cola drinks
- Mustard or tomato sauce

\*Avoid any rich coloured foods that are not on the above list.

It is best to eat or drink “white” or “clear” foods, such as Fish, with white sauce, milk etc.

Good rule of thumb is don’t eat anything that would stain a white shirt.

### Sensitivity

Some patient can experience sensitivity or pain 24 hours after the treatment, relief gel will be provided to you and can be loaded into your bleach trays or retainers as needed. this relief gel can be worn for as long as desired

More severe sensitivity may benefit from Panadol and/or nurofen. Use which every you prefer, they can also be taken together for very sensitive cases.

### Keeping them white

You will be provided with custom-made home-whitening trays. It is recommended that you complete “touch-up” treatments once a week, fortnight or month to main- tain your white smile. Frequency will vary depending on how staining your diet is.

### Want them even whiter?

If you would like your teeth whiter than what was achieved during the in chair zoom treatment you should, once sensitivity has subsided, wear the bleach guards every day for up to 2 weeks until you reach your desired brightness.

If you have any queries don’t hesitate to contact us:  
Office: +61 414 329 888 Mobile: +61 415 094 101  
Address: 17-19 Knox St, Double Bay NSW 2028