

## **AFTER YOUR POWER WHITENING PROCEDURE:**

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty-four hours for the barrier to fully develop again. During this period we ask that you avoid the items listed below.

You may also experience some tooth sensitivity during this period. If you do have any sensitivity symptoms, you may take whatever you would normally use for a headache.

Please feel free to contact us, should you have any question or concerns. We will be happy to assist you.

### **POWER WHITENING POST-PROCEDURE CARE:**

We recommend that you avoid the following for the next 24 hours:

- \*red wine
- \*dark colas
- \*red sauces
- \*mustard or ketchup
- \*soy sauce, A-1 sauce
- \*smoking

Or anything that would stain a white shirt

White and clear foods you may consume for the next 24 hours:

- \*milk, water, clear soda
- \*bananas, apples (no peel)
- \*white bread, flour tortillas
- \*oatmeal, cream of wheat
- \*plain yogurt, white cheese, sour cream, cottage cheese
- \*white rice, baked potato
- \*plain pasta and white sauce
- \*turkey, chicken breast (no skin) white fish