



POST-OPERATIVE INSTRUCTIONS

After Teeth Whitening

Cosmetic · Cisco Dental — Dental Fitness

Whitening opens the enamel's microscopic pores to lift out stain, which leaves teeth briefly more porous and absorbent. The first 48 hours are your window to lock in the result and avoid re-staining.

The 'white diet' — first 48 hours

- Avoid deeply colored foods and drinks: coffee, tea, red wine, cola, berries, tomato and soy sauces, curry, and anything that would stain a white shirt.
- Avoid tobacco in all forms, which stains quickly during this window.
- Stick to lighter foods — water, milk, plain chicken or fish, rice, pasta without red sauce, bananas.

Sensitivity

- Temporary sensitivity to cold is common and fades within a day or two.
- A sensitivity toothpaste (used before and after whitening) and an over-the-counter anti-inflammatory as labeled both help.

Making it last

- Rinse with water after colored drinks, and use a straw for them when practical.
- Keep up your cleanings and touch-ups as recommended; whitening is maintained, not permanent.