

Home Care Instructions for One Hour in Office Bleaching

The first 48 hours following your in office whitening experience are vital to the success of your treatment. During this period your teeth are dehydrated and more susceptible to re-staining from dark and/or acidic foods and beverages.

It is best to avoid such items as:

-coffee	-red sauces	-berries
-tea	-soy sauce	-balsamic vinegar
-cola	-mustard	-tobacco products
-red wine	-ketchup	

If you cannot refrain from drinking coffee, tea or cola during this period, then try using a straw and rinse with water, or brush immediately afterward.

After the 48 hour period is over you may comfortably resume consumption of the items listed above. Keep in mind, these items will stain your teeth and periodic whitening touch up with take home whitening products may be necessary.

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