

# AFTER-CARE INSTRUCTIONS



Please follow these After-Care Instructions to help make your teeth whitening results last as long as possible.



## THE WHITE DIET

Follow the White Diet for 24-48 hours after a teeth whitening treatment. Remember that after a teeth whitening treatment, the pores of your enamel are open and this makes them extra vulnerable to any stains. Once the pores close, which usually happens 24-48 hours after the procedure, you can resume your normal habits.

### NON-STAINING BEVERAGES:

- › Water
- › Sparkling Water
- › Milk

### BEVERAGES to AVOID:

- › Orange Juice, and Any Acidic Fruit Juice
- › Tea and Coffee
- › Colas and Other Fizzy Drinks
- › Energy Drinks

### NON-STAINING ALCOHOLIC DRINKS:

- › Vodka
- › Gin
- › White Wine

### ALCOHOLIC DRINKS TO AVOID:

- › Red Wine
- › Stout or Dark Beer

### FOOD YOU CAN HAVE:

- › Chicken
- › Turkey
- › White Fish
- › White Rice
- › White Pasta
- › White Sauce
- › Cauliflower
- › Cottage Cheese
- › Potatoes (NO skin)
- › Bananas

### FOODS TO AVOID:

Try to avoid foods with color. The more colorful, the more likely it can stain your teeth.

- › Carrots and Orange Fruits and Vegetables
- › Broccoli, Spinach and Green Vegetables
- › Chocolate
- › Wheat Bread
- › Tomatoes and Red Sauces such as Spaghetti Sauce
- › Beets
- › Butter and Margarine

*Follow the White Diet during and after every teeth whitening for best results.*

## FURTHER ADVICE:

**Avoid extremely hot or cold liquids.** These are dangerous to your white smile because they change the temperature of your teeth. This temperature change (hot and cold cycling) causes teeth to expand and contract, allowing stains to penetrate your teeth. Try cutting down on these types of drinks (including coffee and tea) or try drinking them with a straw to reduce the amount of time they are in contact with your teeth.

**Avoid foods and drinks that are acidic.** Acidic foods and beverages open up the pores of the tooth enamel allowing stains to more easily penetrate your teeth. Use a straw to help minimize the contact of these substances with your teeth.

**Cut back on drinking and smoking.** Frequent consumption of alcoholic drinks and heavy smoking can reverse the effects of teeth whitening. Many alcoholic drinks such as wine have tannins that can stain the teeth. The same goes for the nicotine in tobacco. If you cannot quit drinking and smoking entirely, at least try to do it in moderation or lessen the frequency.

**Use smudge-proof lipstick.** Use smudge-proof lipstick to keep lipstick from getting on your teeth because regular lipstick can stain teeth.

**Use maintenance products.** Use Minerals Enamel Booster to seal in results and lock out stains. Use our 1 Year Smile Maintenance Kit once a month and/or use Forever White to touch-up your smile as needed.

For more information, please visit:  
[www.ShineDiamondBright.com](http://www.ShineDiamondBright.com)