



IDEAL DENTAL

W H I T E N I N G A F T E R C A R E

For the following 24 hours After Treatment you must:

Avoid any dark staining drinks like Tea, Coffee, Red Wine, coloured soft or alcoholic drinks and fruit juice.

Avoid all dark staining foods like bolognese, soy sauce, red meat, chocolate and all fruit except bananas.

Avoid any foods or drinks that would leave a stain on a white shirt.

No Smoking for 24 hours, smoking a cigarette within the first 24 Hours will stain your teeth

Moderate use of electronic cigarettes is OK.

Avoid coloured toothpaste (red or blue) or Mouthwash for 24 hours.

Food and drinks that may be consumed are as follows:

Plain chicken, fish & chips, potatoes, plain pasta and white sauces, cereals, Milk, 7up and white wine, once it is clear or white. More information and white food recipes are available on our website.



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WHITENING AFTERCARE

Some food and drink you can consume after teeth whitening

Here is a list of clear drinks and 'white foods' that are perfectly fine for eating and drinking after a treatment.

Food

- Skinless chicken/turkey (minus the fat)
- White fish
- White rice
- White pasta
- White cheese
- Cauliflower
- White onion
- Egg whites
- Peeled potatoes cooked to your liking
- Crustless white bread
- Rice Crispies (yes, the Kelloggs ones – good to know for breakfast)
- Bananas
- White low-fat yoghurt



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WHITENING AFTERCARE

Drink

- Still / sparkling water
- Tonic/soda water
- White lemonade
- Skimmed milk
- Clear coconut water (not milk!)
- Clear alcohol mixed with clear mixers (gin and tonic, vodka and white etc)

If you have any doubt do not hesitate to call us

Emergency to the phones. 011-52- 55-57- 89-71- 90 / 011-52-35-44- 01-79

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