



Post Operative Instructions Teeth Whitening (Bleaching)

First 24–48 Hours (Critical Period)

Your teeth are more porous and susceptible to staining during this time.

What to Avoid:

1. **Staining Foods & Beverages:**

- Coffee, tea, red wine, dark sodas, colored juices (e.g., cranberry juice).
- Tomato-based sauces, soy sauce, balsamic vinegar, curry.
- Berries, beets, and other heavily pigmented fruits/vegetables.
- Dark chocolates or brightly colored candies.

2. **Tobacco Products:**

- Smoking or chewing tobacco can stain your teeth immediately.

3. **Acidic Foods & Beverages:**

- Citrus fruits, vinegar, carbonated drinks—these can increase sensitivity.

4. **Extremely Hot or Cold Foods:**

- Teeth may be more sensitive post-treatment

What to Do:

1. Stick to a White Diet:

- Eat non-staining foods such as white rice, plain chicken, pasta, potatoes, bananas, and white fish.

2. Hydrate with Water:

- Drink plenty of water to rinse your mouth and prevent dry mouth.

3. Brush & Floss Gently:

- Use a soft-bristled toothbrush and non-abrasive, fluoride toothpaste.

4. Use Sensitivity Products:

- If your teeth are sensitive, apply desensitizing toothpaste (e.g., Sensodyne) or fluoride gel.

5. Rinse with Neutral Mouthwash:

- Avoid alcohol-based mouthwashes to reduce irritation

Ongoing Maintenance Tips:

1. Avoid Frequent Staining Foods/Drinks:

- Use a straw for beverages like coffee or tea to minimize contact with teeth.

2. Maintain Oral Hygiene:

- Brush twice daily and floss regularly.

3. Touch-Ups:

- Consider whitening touch-ups as recommended by your dentist.

4. Professional Cleanings:

- Regular dental cleanings help maintain brightness.

5. Avoid Overuse of Whitening Products:

- Too much whitening can weaken enamel or increase sensitivity.
- If sensitivity persists or you notice unusual discoloration, consult your dentist.

Who should I call for questions?

Orofacial Professionals

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