

# guidelines

## POST WHITENING

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Once you've undergone teeth whitening treatment, it's time to follow ALL THE RULES we lay down. After all, you don't want to be reckless and stain your teeth all over again, do you? So, to ensure the longevity and success of your treatment, you must lay off eating and drinking certain foods and drinks. Teeth Whitening gel opens the enamel pores, therefore, post-procedure, your teeth are vulnerable to staining agents for THREE DAYS until they harden.

### FOLLOWING THESE RULES IN THE FIRST 48-72HRS IS IMPERATIVE FOR SUCCESS:

#### GENERAL ADVICE

##### - AVOID SMOKING

- This might sound impossible to most smokers. If you have to smoke try to at least reduce the frequency for the first 24 hours. For example if you smoke a pack of cigarettes per day, try reducing the number to 3 per day & brush your teeth immediately, and if you can't brush, rinse your mouth with water
- cigarette smoking should also be completely avoided since its nicotine content stains the teeth and blackens them.
- you should only brush your teeth with **white toothpaste** do not use any colored mouthwash for 48 hours.
- **Do not drink or eat anything but water during the first 60 minutes after the treatment.**
- Try breathing through your nose as it avoids cold air contact with your teeth.
- Avoid Lipstick



#### DRINK ADVICE

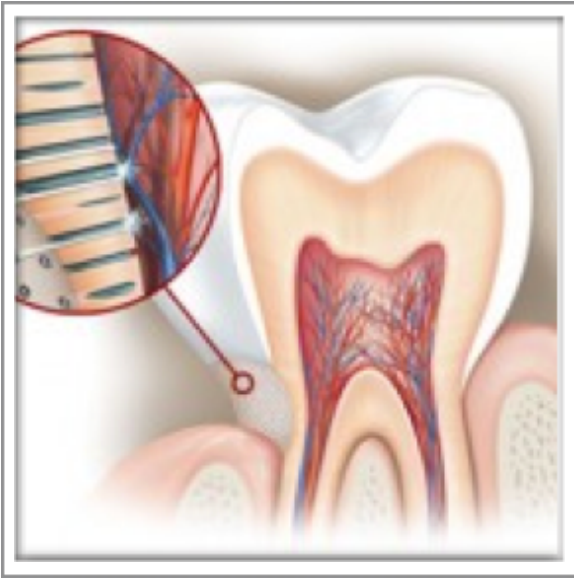
##### - CLEAR LIQUIDS ONLY

- temperate liquids- nothing too hot or too cold
  - these extreme temperatures, the temperature of your teeth tends to change radically. This sharp change in temperature causes the teeth to expand and contract, thus permitting stains to penetrate.
- Still or sparkling water, Tonic water.
- Skim milk only
- Alcoholic Drinks:
  - Vodka, Malibu, Vodka Ice, Gin are okay
  - **AVOID** Red Wine, Beer, Guinness, and generally any alcohol with a color
- **AVOID** Tea ( deepest staining ), Coffee, Cola, Orange, No fizzy drinks etc,
- **AVOID** Citrus Juices & Fruits & other Acidic drinks for at least 3-6 days
  - These could cause severe sensitivity & should be avoided particularly last thing before bed.

#### FOOD ADVICE

##### - CLEAR WHITE FOODS

- Skimmed milk
- nothing with wheat
- White Bread
- Keep away from all fruit apart from Bananas because most fruit are acidic
- Whites of Egg
- Chicken must be dry or boiled ( no fat )
- Turkey
- White Fish
- White Rice
- White Pasta with a white sauce only,
- Cauliflower
- Cottage cheese
- white string cheese
- cream cheese
- corn flakes or Rice Krispies with Skim Milk
- Potatoes you can have Mashed, Boiled, Baked ( you must take the skin off )



Your teeth have microscopic channels that extend from the tooth pulp (where the tooth nerve is) to the outer surface of the enamel. These channels are normally blocked with minerals which prevent sensitivity while we consume hot and cold drinks. After the whitening treatment these minerals are dissolved allowing oxygen to penetrate inside the tooth to remove stain molecules, making your teeth susceptible to sensitivity and vulnerable to stains. THIS IS TEMPORARY and it takes approximately 2 days for saliva to re-block these “enamel holes” again. In other words if you consume coffee, tobacco or red wine right after the whitening treatment, your teeth will absorb the stain released from these products at a much higher rate compared to 48 hours later.

## WHY IT IS IMPORTANT TO FOLLOW THE RULES:

Approximately sixty percent of our body weight is water and our teeth are not an exception. Research has shown that during teeth whitening treatment a process called dehydration occurs. Dehydration helps removing stain located inside the tooth structure. After whitening treatment, your teeth will naturally try to absorb the water lost during the treatment from saliva and liquids consumed. The process of re-absorbing this lost water lasts anywhere between 24 to 48 hours. During this time it is very easy for stain to penetrate the enamel diminishing the whitening results. This is the reason why you should refrain your self from consuming foods and drinks that contain heavy stains. If you have to have a coffee or tea in the morning we recommend using a straw and try rinsing your mouth with water right away.

## DEALING WITH POST-OP SENSITIVITY

Although uncommon, some people can experience some tooth sensitivity during the first 24-48 hours after the Teeth Whitening treatment. People with existing sensitivity are more likely to experience some sensitivity due to previous conditions (E.G. recently cracked teeth, open cavities, leaking fillings or severe recession of the gums). For these preconditions we use professional desensitizing agents to decrease any possible sensitivity that might occur during or after teeth whitening

treatment. If sensitivity persists at home after the treatment we recommend using Sensodyne™ Colgate Sensitivity toothpaste. Sensitivity tends to remain for a couple of hours and than disappears.

- You can use pain killers like Tylenol or Advil over the counter to help you with sensitivity.
- Massage your gums with warm (not hot) salty water for a minute. Prolonged exposure to salt will dry your mouth and it is not recommended more then 3-4 times/day.
- During this time avoid very cold or hot drinks

## PREVENTING/POSTPONING RELAPSE

How long the results will last depends on two factors:

1. YOUR HABITS
2. POROSITY OF THE TEETH

After Teeth Whitening treatment, it is normal for teeth color to regress somewhat over time. This is normal and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents, such as coffee, tea, tobacco, lip stick, red wine etc.

If you have naturally porous enamel, your teeth will be more vulnerable to staining agents therefore you will get stained teeth sooner then the average person. Unfortunately there is no way we can find out the level of porosity of your teeth ahead of time.

In cases of porous enamels and if teeth are exposed to staining agents on regular basis, results may last up to a 3-6 months. In cases of non-porous enamels and non exposure to staining agents on a regular basis results may last for up to 2 years.