

# Tooth Bleaching / Tooth Whitening

After professional tooth bleaching or whitening, following proper aftercare instructions is crucial to minimize sensitivity and maintain your results. The first **24 to 72 hours** are the most critical.

## 1. Follow the "White Diet"

For at least **48 hours** (and ideally up to 72 hours or even a week, if possible), stick to foods and drinks that are light in color, as your teeth are temporarily more porous and susceptible to staining. Think of avoiding anything that would stain a white shirt.

- **Foods to Eat (White/Light):**
  - White rice, white pasta, curd rice, white bread
  - Dairy: Milk, plain yogurt, cheese
  - Fruits & vegetables: Bananas, peeled apples, potatoes, cauliflower, beans
  - Clear liquids/Water
- **Foods and Drinks to AVOID (Staining/Acidic):**
  - **Dark Beverages:** Coffee, black tea, red wine, dark sodas (cola), dark fruit juices.
  - **Dark/Highly Pigmented Foods:** Berries, chocolate, dark sauces, beetroot, plums
  - **Acidic Foods/Drinks:** Citrus fruits (lemons, oranges, grapefruit) vinegar, pickles.
  - **Colored Spices:** Turmeric, curry powder, paprika.

## 2. Manage Tooth Sensitivity

Temporary sensitivity is a common side effect.

- **Avoid Extreme Temperature hot and cold** for the first few days.
- **Use Desensitizing Products** as directed.
- **Over-the-Counter Pain Relievers** like Ibuprofen or Acetaminophen can help manage discomfort.
- **Chew Sugarless Gum:** This helps stimulate saliva flow, which aids in the post-whitening process.

## 3. Oral Hygiene and Other Habits

- **Brush Gently:** If your gums are sensitive, use a soft-bristled toothbrush.
- **Avoid colored toothpaste or mouthwash.**
- **No Smoking/Tobacco:** for at least **48 hours** (ideally permanently, as they cause significant staining).
- **Use a Straw:** When drinking beverages that might stain (even after the 48-hour period), to minimize contact with your teeth.
- **Rinse After Eating/Drinking** any highly pigmented or acidic food/drink.

## 4. Any restorative procedure (fillings) to be done after 3 -4 weeks after whitening procedure.

**Always follow the specific instructions provided by the dental professional, as they may vary slightly depending on the type of treatment you received.**