TANGER BAY
DENTAL CENTER

Care after teeth whitening

Tanger Bay Dental Center

Cosmetic dentistry

A brighter smile — protect it

The first 48 hours are decisive: your teeth are temporarily more porous and absorb pigments easily. Here is how to protect and prolong your result.

1 The white diet (48 h)

For 48 hours, avoid anything that stains — your teeth soak up pigments more easily.

Avoid for 48 hours

Coffee, tea, red wine, dark sodas, coloured juices, tomato sauce, curry, berries, beetroot — and above all **smoking**.

- Water, milk, clear herbal teas
- Rice, plain pasta, potato, white bread
- Chicken, white fish, eggs, plain yogurt, cottage cheese
- Cauliflower, banana, peeled apple



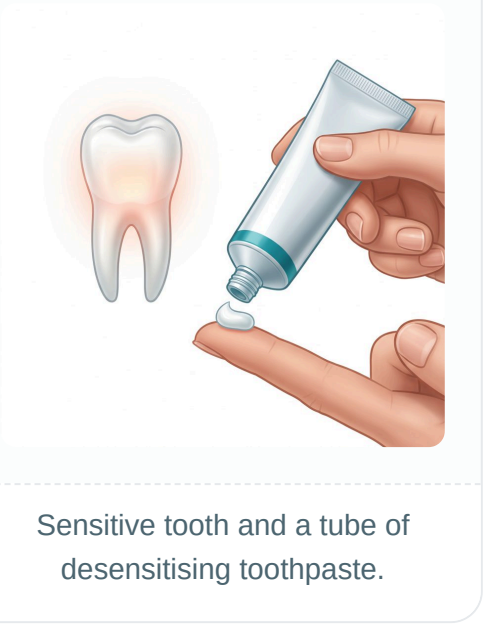
Light foods allowed on one side; staining foods and drinks crossed out on the other.

2 Sensitivity

Temporary sensitivity to hot and cold is common and **normal** in the first days; it usually fades within 24 to 72 hours.

1. Use a **desensitising toothpaste** (fluoride or potassium nitrate).
2. Avoid very hot or very cold food and drinks for a few days.

> **To relieve it**
> A fluoride gel applied in the evening can help. Contact the clinic if discomfort persists.



Sensitive tooth and a tube of desensitising toothpaste.

3 Gentle hygiene

1. Brush with a **soft brush** and a non-abrasive toothpaste.
2. After a staining drink (if truly needed), rinse with water or brush your teeth.
3. Avoid coloured mouthwashes (e.g. chlorhexidine) for a few days.



Gentle brushing with a soft toothbrush.

4 Make it last

48 h white diet

1. Limit staining foods and drinks day to day; drink through a **straw**.
2. Stop or cut down **smoking**, the main enemy of whiteness.
3. A professional cleaning and occasional touch-ups keep the result.



A bright smile; a glass with a straw.

When to contact the clinic

If sensitivity is **severe** or lasts **more than 3 days**, or if gum irritation persists, contact us.

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Your next appointment Date : .....

A check-up every 3 to 6 months

To keep your gums healthy and maintain your smile, a professional cleaning and check-up are recommended every 3 to 6 months.

ISSUED BY

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Information sheet — does not replace your dentist's advice.