



## POST TREATMENT CARE

<p>We recommend that you <b>avoid</b> anything that would stain a white shirt for the <b>next 48 hours</b> including:</p> <ul style="list-style-type: none"><li>• Red wine</li><li>• Dark colas</li><li>• Coffee or tea</li><li>• Red sauces</li><li>• Mustard or ketchup</li><li>• Soy sauce, steak sauce</li><li>• Smoking</li></ul>	<p>Options that are acceptable to ingest are:</p> <ul style="list-style-type: none"><li>• Milk, water, clear soda</li><li>• Bananas, apples (peeled)</li><li>• White bread, flour tortillas</li><li>• Oatmeal, cream of wheat</li><li>• Plain yogurt, white cheese, sour cream, cottage cheese</li><li>• White rice, baked potato</li><li>• Plain pasta &amp; white sauce</li><li>• Turkey, chicken breast (no skin), white fish</li></ul>
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Your teeth and or gums may be sensitive for a day following the whitening treatment and will resolve on its own. A relief gel is available if your teeth are prone to sensitivity and can be brushed on or applied with the whitening trays.



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