

# **Patient instructions following in office whitening treatment**

For your treatment success, we have provided some helpful information to ensure your satisfaction.

People can have sensitivity present after office whitening, which is normal. If you do, you can use the desensitizing gel that was provided at the end of the appointment. You can use this gel for an hour each day as needed. Sensitivity can last up to 48 hours. If it goes beyond that then please contact our office.

**IMPORTANT: For the first 24/48 hours please eliminate these items from your diet!**

- All colored liquids, such as coffee, tea, carbonated drinks, fruits or vegetables
- All fresh fruits and vegetables with pigment such as strawberries, blueberries, blackberries, raspberries, oranges, grapes, plums, watermelon, tomatoes, carrots, etc.
- All candy and lozenges are colored such as cough drops, peppermints etc.

**Dietary suggestions for the first 24/48 hours:**

- Water
- Vanilla milk shakes
- Chicken
- White fish
- White rice
- Plain yogurt
- Potatoes (w/out peel)
- White or wheat bread
- Butter
- Mayo
- Salt and sugar

**Please feel free to contact our office if you have any questions.**

**12 Oaks Dental**

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