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## POST-WHITENING INSTRUCTIONS

### ◇ General recommendations after whitening:

- Follow a **white diet** for at least seven days after treatment. You can eat foods such as **rice, chicken, or turkey**.
- If you feel **dental sensitivity** or discomfort, you can take an anti-inflammatory to calm them down. Keep in mind that they are temporary and very common discomforts.
- If the sensitivity **persists for several days** or becomes excessively annoying, consult us to examine what the problem may be and address it as soon as possible.
- **Do not smoke**. It will harm the whitening and make the teeth yellow again in a short time.
- Carry out **strict oral hygiene**, especially after whitening. Avoid mouthwashes that may contain Chlorhexidine such as Perio.aid or Periokin.

### ◇ Foods to avoid after teeth whitening:

- Avoid the consumption of soft drinks during the **15 days after** the treatment. Do not consume **drinks with dyes**, such as coffee, tea, or red wine, as they can seriously impair whitening. To prevent these drinks from contacting with your teeth, you can use a straw.
- **Avoid fruits** such as strawberries, cherries, or raspberries so that they do not stain your teeth. **Try not to consume** citrus fruits, since their acidity can affect your enamel.
- Do not eat foods such as **tomatoes, carrots, or beets** in the days after your whitening. They can stain your teeth and spoil the whitening.

### ◇ How to keep your smile white for longer:

- It must be considered that, after whitening, **the teeth are especially prone to staining**. Therefore, it is important to follow the feeding instructions to prolong the results of the treatment for much longer.
- **Mouthwashes will be very useful** to eliminate external stains that may appear due to coffee, tea, tobacco, soft drinks, chlorhexidine-based rinses, etc.
- **A complete hygiene routine** is essential to preserve the whiteness of your teeth. Remember to brush them **three times a day thoroughly**, helping you with utensils such as dental floss or mouthwash.
- Go to our dental clinic at least once a year to examine the state of your oral health.