REVEAL DENTAL
COSMETIC, FAMILY & IMPLANT DENTISTRY

AFTER YOUR IN OFFICE WHITENING:

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty-four hours for the barrier to fully develop again. During this period we ask that you avoid the items listed below.

White and **clear** foods you may consume for the next 24 hours:
*milk, water, clear soda
*bananas, apples(no peel)
*white bread, flour tortillas
*oatmeal, cream of wheat
*plain yogurt, white cheese, sour cream, cottage cheese
*white rice, baked potato
*plain pasta and white sauce

We recommend that you **avoid** the following for the next 24 hours:
*red wine
*coffee
*dark colas
*red sauces
*mustard or ketchup
*soy sauce, A-1 sauce
*smoking
(Or anything that would stain a white shirt)

You may also experience some tooth sensitivity during this period. If you do have any sensitivity symptoms, you may take whatever you would normally use for a headache.
• Whitening works best on yellow stained teeth. Gray teeth are more difficult to whiten, or may not respond to treatment. Such cases may require porcelain veneers to achieve the desired result.
• Long term results vary from patient to patient. This can depend on many factors including habits such as coffee, tea, wine, or cola consumption and smoking.
• At Home Whitening trays will be needed to maintain your new color. This could be once a month or once every six months depending on your habits (smoking, coffee, etc). Touch-ups should require only wearing the trays once or twice to bring back the brightness.

If you have any questions please call @ 512.337.2316 or email us at info@revealdental.com.