

Regain the confidence that comes from having a strong and healthy smile!



# STAY NATURALLY BEAUTIFUL

Teeth are particularly susceptible to staining in the days immediately following a whitening session. **Adjusting your eating habits** after the procedure will ensure the **longevity and the success** of your treatment.

Limiting the following items after your whitening treatment can help you avoid food-related discomfort and ensure the long lasting results.

- dark chocolate, • dark soups, • stews,
- beets, • tomato sauces, • blueberries
- dark marinades, • soy sauce, etc.

Spanish and Indian cuisine in general, due to the liberal use of tomato sauces and curry.

## FOODS TO AVOID

**Acidic Foods:** The process of teeth whitening can leave teeth temporarily sensitive to acidic foods. Low-pH items such as: • grapefruit, • orange, • lemon, • lime, • pineapple, • vinegar, • pickles and • soft drinks can increase the level of discomfort after your treatment.

**Dark Beverages** can leave stains on your freshly whitened smile. Avoid drinking: • coffee, • dark soft drinks, • tea and • red wine for at least 2 days after undergoing a teeth whitening session. In order to minimize the contact any liquids have with your teeth, we recommend to sip beverages through a straw.

## DRINKS TO AVOID

**Cold Foods and Drinks:** your teeth may be sensitive to cold temperatures for a few days after a whitening session. To minimize pain provoked by temperature, avoid cold foods and drinks such as: • ice water, • ice cream, • frozen yogurt and • frozen desserts. If your sensitivity is extreme, avoid eating foods straight from the refrigerator and consume items at room temperature or warmer.