TEETH WHITENING AFTERCARE INSTRUCTIONS

White diet - what can't you eat?

Simply put, for 48 hours after the treatment (in-clinic whitening) or for the entire period of overlay whitening plus 48 hours after the end of the whitening period - you cannot eat the products which have an intense, dark colour indicating a very high content of food dyes. The following should be strictly eliminated from the diet during this period**:**

1. yellow cheese, processed cheese, and cottage cheese containing spices
2. fruit yoghurts
3. red, orange and yellow vegetables: tomatoes, peppers, beets, carrots, red cabbage, pumpkin, corn
4. green vegetables: broccoli, spinach
5. fruits (especially forest fruits): blueberries, blueberries, cherries, currants, cranberries, strawberries, raspberries, grapes, chokeberries
6. preserves with coloured vegetables and fruits: sauces, purees, ketchup, jams, marmalades
7. chocolate and products containing cocoa
8. sweets with intense colours
9. staining spices: turmeric, curry, gyros, cinnamon, chilli, nutmeg, paprika and stock cubes
10. egg yolks
11. red meat
12. cold cuts, pâtés
13. meat gravies (powdered or jarred; roast, tomato-flavoured)
14. vinaigrette-type salad dressings
15. soups – all
16. Other: mustard, wine vinegar, marinades.

Please pay attention to processed products that may contain colouring substances (of unknown origin) in their composition. **Important**! Colours are identified by the E symbols 100 to 199, while the white colour is E177 (calcium carbonate) and E171 (titanium dioxide).

White diet - what can't you drink?

For the first 48 hours after the treatment, drinks with a strong staining effect and a low pH may not be consumed, i.e.:

1. **coffee -** both black, in beans, and instant
2. **tea** - not only black tea, but also white and green. Herbal teas also have a staining effect
3. **cocoa** and chocolate drinks
4. **carbonated soft drinks** (such as lemonade, coke). The fizzy drinks with a strong staining effect also include energy drinks and isotonic drinks
5. **fruit and vegetable juices,** including freshly squeezed juices (especially dark juices made from blackcurrants, raspberries, tomatoes or beetroot)
6. **alcoholic beverages** - especially wine (red and rosé) - apart from its strong staining effect, the sulphates or acids contained in wine can damage tooth enamel. Beer (light and dark) and whisky should also not be consumed, as these are carbonated and flavoured drinks containing dyes**.**

What else can’t you do?

Do not smoke for at least two days after treatment - nicotine can significantly stain newly whitened teeth. In addition, it is important to be aware that the free radicals released in the mouth as products of oxidation, combined with the harmful substances contained in cigarette smoke, increase the carcinogenic effect of cigarettes. **Electronic cigarettes are also harmful to the colour of tooth enamel**.

Women who use lipsticks or lip glosses are advised to refrain from using them within 3 days after teeth whitening.

White diet - what can you eat?

White diet ingredients **(for 48 hours after teeth whitening)**:

- first of all, dairy products (the advantage is not only the colour, but also the calcium content): white cheese (cottage cheese, goat cheese, mozzarella), curd, cream, natural yoghurt, kefir, natural buttermilk, curdled milk, butter (without additives)
- fish (without coloured spices e.g. curry): preferably baked or steamed e.g. walleye pollock, salmon, cod
- seafood: prawns, mussels
- vegetables that are light and with little colouring: cauliflower, white beans, kohlrabi, potatoes, garlic, white onions, white cabbage, white radish, white asparagus, parsley root and celery root
- vegetables without skin, e.g. courgette, aubergine, greenhouse cucumber
- fruit: bananas only
- rice, millet and barley groats
- cereal products: white bread, oat bran, white pasta
- sauces: based on natural yoghurt, cream or mayonnaise
- seasonings: salt, pepper and herbs
- other: coconut shavings, coconut pulp.

White diet - what can you drink?

Drinks allowed in the white diet (for the first 48 hours after treatment): mineral water (without lemon) and milk.

What to do after 48 hours from the treatment?

After 48 hours, you can drink coffee with milk, light beer or white wine through a straw and include poultry meat in your diet. Poultry meat (chicken, turkey) in the form of fillet or ham can be added to the menu. Apples, pears and peaches as well as sourdough rye bread will also be safe.
After 48 hours, the following can be drunk through a straw: coffee with milk (the addition of milk reduces the staining effect of caffeine), light beer, white wine, light juices and compotes. After 3 days it is permissible to drink fizzy drinks, also through a straw.

Next days of the white diet - handy tips

In the following days, coloured foods and drinks can gradually be included in your diet. However, for at least one more week, highly processed products containing artificial food dyes should be avoided. It is also advisable to avoid citrus fruit and sour foods and drinks during this period.
During the first 14 days after whitening, it is advisable to drink the most staining beverages through a straw (so that the liquid does not come into direct contact with tooth enamel) or to rinse your teeth with water after each cup consumed.
Please note that the white diet is only valid for a limited period of time. It should not be followed for longer than the recommended period of time, as this may have negative consequences in the form of deficiencies of certain nutrients essential for health.

Sample white diet menu
Menu after teeth whitening:

- breakfast: light cereal with banana or coconut shavings and milk or natural yoghurt, milkshake with banana and coconut, cottage cheese with peeled cucumber and white bread roll;
- dinner: potato soup, asparagus cream, boiled Russian dumplings, baked fish fillet with white onion and cream sauce and pasta, cauliflower with rice, prawns with garlic and baguette;
- supper: pancakes with cheese, baked potatoes with garlic sauce, roast chicken breast and boiled potato dumplings, cottage cheese, milk soup