

# D & K

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## **Suggestions to Maximize your Tooth Whitening**

During the 2-3 week tooth lightening process you need to avoid staining foods. It is especially important immediately after any in-office treatment and after removing the whitening trays and less important later in the day.

- **Avoid liquids that stain teeth:** coffee, tea, colas, dark fruit drinks and red wine.
- **Avoid dark fruits:** cherries, blueberries, blackberries, raspberries, strawberries and any candies, sauces, jellies or jams that contain them. Citrus fruits and salad dressing or sauces containing their juices as well as vinegar are acidic and may cause some sensitivity to your teeth.
- **Adopt a white food diet:**  
If you have pasta, use Alfredo sauce or olive oil and avoid red sauce and marinara sauce.  
Use mayonnaise on sandwiches instead of mustard, catsup, and barbeque sauce.  
If you must have coffee cola or tea use a straw.
- **Remember that anything that could stain a white cotton cloth will have an effect on the outcome of your tooth whitening.**
- Brush after every meal and floss at least once/day
- Avoid mouthwashes that have color; **we recommend the Rembrandt clear mouthwash and Rembrandt Plus toothpaste**
- Do not use any tobacco products

**These are suggestions to obtain the maximum in tooth whitening and a fantastic smile.**