

POST WHITENING MAINTENANCE - “THE WHITE DIET”

When you make any type of investment, it's natural to do everything in your power to make the most of it. When it comes to cosmetic dental procedures, teeth whitening is one of the best investments you can make! But how can you be sure to get the best result and make it last? Easy! For the **first 48 hours** after the whitening procedure, **DO NOT EAT ANYTHING THAT CAN STAIN A WHITE TEE SHIRT**. It's especially important to watch your habits and dietary choices.

Why are the first 48 hours after whitening especially important?

You would never know it without a microscope, but your teeth are actually covered in tiny “pores” that allow sensations like cold and pressure to reach the tooth's nerve. Unfortunately, these pores are also responsible for allowing pigments from foods and beverages to stain your teeth! While under normal conditions the pores on your teeth remain somewhat closed, whitening can cause these pores to temporarily open and your teeth to become more porous. During this time, your teeth are like sponges, making them extremely susceptible to being stained.

Coffee, tea, red wine, dark sodas, berries, turmeric, tobacco and tomato sauce are all classic examples of foods and beverages that will cause staining over time. A good rule to remember: If the food or beverage will stain a white shirt, it will stain your teeth!

What is the “White Diet” and how can it help?

The white diet is just what it sounds like: It includes all the foods and beverages that aren't brightly colored, such as:

- Dairy products: yogurt, milk, cheese and cottage cheese
- Fruits and vegetables such as bananas, apples, pears, potatoes and cauliflower
- Rice
- Pasta with white sauce
- Chicken, turkey and fish (white in color)
- Popcorn
- Egg whites
- White breads
- Water and other clear beverages

Time to enjoy your new smile!