

Dentistry at Millennium Park, Chicago  
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## Teeth Whitening - Post-Procedure Care:

- 1) Apply Vitamin E to any irritated gum areas
- 2) Use supplied Fluoride within supplied Bleach Trays or Sensitive formula Toothpaste to reduce sensitivity.

Careful to not stain your whitened teeth.

We recommend that you **Avoid** the following for the 48 hours:

- Red Wine
- Dark Colas / Root Beer
- Coffee
- Tea
- Red Sauces
- Smoking
- Condiments like:
  - Ketchup
  - Mustard
  - Steak Sauce
  - Gravy
- Basically, anything that
- Would stain a white shirt!

White and clear foods may be consumed for the Next 48 hours: Next

- \* Milk, Water, Clear soda
- \* Banana, Apple (no peel)
- \* White bread, Flour tortillas
- \* Oatmeal, Cream of Wheat
- \* Plain Yogurt
- \* White cheese, Cottage cheese
- \* Sour cream
- \* White rice
- \* Baked Potato
- \* Plain Pasta noodles
- \* White fish
- \* Turkey
- \* Chicken breast (no skin)