



PLYMOUTH VALLEY DENTAL GROUP

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AFTER YOUR WHITENING POST-PROCEDURE CARE INSTRUCTIONS

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or whitening process. It takes twelve (12) to twenty-four (24) hours for the barrier to fully develop again. During this period we ask that you avoid the items listed below on this page. You may also experience some tooth sensitivity during this period. If you do have any sensitivity symptoms, you may take whatever you would normally take for a headache.

Please feel free to contact us, should you have any questions or concerns. We will be happy to assist you. Please contact us at 610-277-0996.

We recommend that you avoid the following for the next 24 hours:

- Red Wine's•
- Dark Soda's•
- Coffee and Teas•
- Red Sauces•
- Mustard or Ketchup•
- Soy Sauce, A-1 Sauce•
- Smoking•
- Colored Toothpastes•
- Any Mouthwashes•
- For Women, No Lipstick•

Or anything that would stain a white shirt.

White and clear foods you may consume for the next 24 hours:

- Milk, Water, Clear Soda's•
- Banana's, Apples (No Peel)•
- White Bread, Flour Tortillas•
- Oatmeal, Cream of Wheat•
- Plain Yogurt, White Cheese•
- Sour Cream, Cottage Cheese•
- White Rice, Baked Potato•
- Plain Pasta and White Sauce•
- Turkey, Chicken Breast (No Skin)•
- White Fish•