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The Do's and Don'ts after Teeth Whitening

The Do's

- Brush your teeth regularly and do not forget to clean them with floss. This standard dental hygiene practice can keep your teeth shining for days after the treatment.
- Do not apply products from home whitening kit for maintaining the white color as these can leave a residue that cannot be removed with the help of our regular toothbrush. You can, however, use them at six months' interval to keep up the white color so that you do not need professional help regularly.
- Drink beverages with the help of a straw. This will help in reducing the amount of fluid that reaches the front of teeth. This will prevent teeth from staining and you can have your favorite beverages without ruining the color of your teeth.
- Be patient and wait for the results of the treatment to show. It may take up to two weeks. It will not happen as soon as you come out of the dentist's office. You can even take pictures before going for the treatment so that you can confirm the after-effects of the treatment.
- Rinse your mouth after each meal so that all food particles are dislodged from your mouth. It will also help you give a fresh breath. This is even more important after the treatment as teeth are more prone to discoloration just after the treatment.
- Use the common tooth whitening toothpastes or gels. They do not leave any residue. This will help in preventing staining and discoloration.

The Don'ts

- Avoid drinking red wine as well as coffee just after the treatment. Foods like broth-based soups which are dark and dark chocolates must also be avoided as even they can leave a residue over the teeth.
- Use only recommended amounts as per the doctor's instructions. These are really powerful so do not apply more than what you have been instructed for thinking that it will yield better results.
- Do not wear lipstick or gloss on your lips for at least a week as even these can stain one's teeth.
- Do not eat junk food; rather eat lot of healthy food. Drink plenty of water and take a lot of protein as this will keep your teeth become resilient and strong.
- So, maintain your teeth and make the most of your treatment.