



THE DENTAL IMPLANT PRACTICE  
IMPLANTS. COSMETICS. GENERAL DENTISTRY

# Post Operative Instructions Teeth Whitening (Bleaching)

First 24-48 Hours (Critical Period)

Your teeth are more porous and susceptible to staining during this time.

## What to Avoid:

### 1. Staining Foods & Beverages:

- Coffee, tea, red wine, dark sodas, colored juices (e.g., cranberry juice).
- Tomato-based sauces, soy sauce, balsamic vinegar, curry.
- Berries, beets, and other heavily pigmented fruits/vegetables.
- Dark chocolates or brightly colored candies.

### 2. Tobacco Products:

- Citrus fruits, vinegar, carbonated drinks—these can increase sensitivity.

### 3. Acidic Foods & Beverages:

- Smoking or chewing tobacco can stain your teeth immediately.

### 4. Extremely Hot or Cold Foods:

- Teeth may be more sensitive post-treatment



Schedule your consultations

**+92 314 2785054 | +92 21 34774021**