



Post-Operative Instructions: Tooth Whitening

Thank you very much for choosing 360 Family Dental as your oral health provider. Congratulations on completing the in-office teeth whitening treatment. It is important to follow the post-operative instructions to maintain the results of the procedure.

What is the diet after teeth whitening?

You can eat immediately. Please follow the instructions below.

Please avoid the following items for 4 days:

- Red wine, coffee, dark sodas, juices, tea, ketchup, salsa, mustard, soy sauce, red sauce, hot sauce, berries.
- Avoid smoking for 4 days.
- After 4 days and in the future, when you consume the above food or drinks, rinse with water immediately

After 6 months or a year, you can use a round of at home whitening treatment product to enhance or maintain the results of the teeth whitening. Periodically, you may also use whitening pen to touch up.

If you have any questions, please do not hesitate to contact us at (630) 689 – 2233.

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