

Welcome to Your New Smile...

Here Are Some Tips to Help You Get the Best from Your Teeth Whitening

For 24 hours after your Teeth Whitening treatment:

- Do not eat or drink dark, staining substances such as: coffee, tea, red wine, soy sauce, and cola.
- Do not eat staining foods such as: beetroot, carrots, blueberries and the like; try to stick to a “white” diet such as Fish, Chicken, Potatoes, Cauliflower
- Do not smoke cigarettes or use any tobacco-containing products.
- Do not use coloured toothpaste.

24 Hour WHITE FOOD Suggestions

Drinks

Water – cold

Milk

Colour-free cordial

White wine

and of course Champagne!

Water – hot with a dash of lemon barley cordial

Lemonade

Lemon barley cordial

White grape juice

Breakfast

Banana

White bread – brown crusts cut off

Banana Smoothie e.g. milk, banana,

Natural yoghurt, vanilla ice cream

Natural or vanilla flavoured yoghurt

White honey

Lunch or Dinner

White bread – brown crusts cut off

Smoked chicken – no dark skin

Poached chicken

White pasta with a white sauce
(add chicken or fish as above)

Potatoes – boiled or mashed, no skin

White onions

Mayonnaise

Roast chicken – no skin

Steamed white fish

White rice

Feta cheese

Cauliflower – steamed

White sauce

Dessert

Rice pudding, no skin

Banana

White chocolate

Vanilla ice-cream

Vanilla yoghurt

Pavlova with cream or natural yoghurt
dressed with fresh banana