

After teeth whitening instructions – using Beyond lamp

ZALECENIA PO ZABIEGU WYBIELANIA

1. 48 hours after teeth whitening are called “white hours”.

Do not smoke, drink coffee, tea (including white and green tea), coke, all kinds of juice, red wine,

light or dark beer, colorful alcohols or drinks.

Do not eat dark sauces, mustard, coloring soups like beetroot or tomato soup, chocolate, chicken

pate, cheese, cheese triangles, dark vegetables and fruits (spinach, carrot, pepper, oranges,

raspberries, cranberry, cherries, blueberries, beetroots, red cabbage, tomatoes, corns, broccoli).

During teeth whitening treatment **you can eat**: rice, white sauces, pasta, potatoes, boiled eggs

without yolk, boiled chicken, boiled fish, natural yoghurts (not fruit), white cheese, white dairy

products, cereal, bananas, apples, cucumber, cauliflower, radish. You can drink: mineral water (

without a lemon), white alcohols (except white beer), milk, café latte drunk through a straw.

If you cannot check the color of the food, you should know that E100-E199 are substances added to

food or drink to change its color – you should avoid them. The good ones are only: E170 (calcium

carbonate) and E171 (titanium dioxide).

2. Two hours after teeth whitening treatment you cannot eat or drink.

3. Whitening effect is fully seen after two weeks of teeth whitening treatment, at that time the color

is stabilizing.

4. For two weeks you should not use mouthwash containing chlorhexidine. You can

use only white

toothpaste.

5. It is recommended to use **Tooth Mousse toothpaste** before and after the tooth whitening

treatment. The Tooth Mousse strengthens the whitening effect, lowers the tooth sensitivity and

improves to rebuild the calcium.

6. You can experience some tooth sensitivity during tooth whitening treatment.

Sensitivity tends to

remain for 1-3 days and then disappears. Avoid hot and cold drinks and meals.

7. Teeth whitening treatment causes tooth dehydration. Teeth rehydrate after a few or several days.

It is very important to drink a lot of mineral water in the first days of the treatment.

Avoid colorful

juices and drinks.