

RECOMMENDATIONS AFTER TEETH WHITENING

A white diet is the recommended diet after teeth whitening. Immediately after whitening, for about two hours, you can only drink mineral water. Then, for at least seven days, you should eat meals that do not contain food dyes. This includes synthetic dyes, such as those found in colored drinks, and those naturally occurring in foods, such as fruits like berries or cherries. Maintaining a white diet is very important. Failure to follow it can result in the disappearance of the whitening effect and even a deterioration of tooth color (the color will be even darker than before whitening!). If you want to maintain your new white smile, it is essential to eliminate dyes from your daily diet!

1. How long should you follow a white diet?

It is recommended to maintain a white diet for at least seven to 14 days after the procedure. Why this discrepancy? Each patient's teeth react differently to whitening—they absorb food dyes to a greater or lesser extent. For some, the increased absorption of dyes by whitened teeth may last only 4 days, while for others it may last 14.

2. White Diet - What should you avoid?

You should stop eating products containing food dyes. Foods we don't consume:

- hot and cold drinks, e.g., black or fruit tea, coffee (including coffee with milk), Coca-Cola, rosé and red wine
- fruits and vegetables, e.g., cranberries, blueberries, blueberries, cherries, beets, carrots, tomatoes, red cabbage, peppers, corn, etc.
- yellow or cottage cheese with spices
- spices, e.g., curry, sweet and hot peppers, turmeric, chili, cinnamon
- alcohol
- chocolate and other products containing cocoa, e.g., milk or chocolate yogurt
- dark sauces, e.g., gravy or tomato sauce
- various soups
- cold cuts (NOTE - you can eat cold cuts from poultry, e.g., turkey breast)

3. White Diet - What can you eat?

Contrary to popular belief, many available foods are dye-free. They can be freely consumed during the white diet.

Products we consume without any problems:

- dairy products, such as cottage cheese without spices, milk, goat cheese and mozzarella, plain yogurt, plain buttermilk, and butter
- beverages – preferably still water and milk
- turkey or chicken, fish, and seafood (NOTE – remember about spices that should not be consumed)
- rice and groats, such as millet or barley
- grain products – oat bran, white bread, and white pasta
- bananas
- white vegetables – potatoes, white beans, onions, kohlrabi, cauliflower, garlic, white cabbage, and peeled vegetables, such as cucumbers or zucchini