

Aftercare Information for Bleaching

1. Sensitivity may be seen in patients after bleaching. These sensitivities are temporary and disappear in an average of 1-3 days. On the first day, the use of painkillers will help alleviate possible pain.
2. The consumption of extremely cold or hot foods should be avoided for the first few days. The consumption of warm foods will minimize the sensitivities that may occur.
3. Every patient has a diet list that must be followed after bleaching. In general terms, it is forbidden to consume any kind of coloring food or drink. Below are examples of prohibited and safe foods to consume.
4. The use of whitening toothpaste after the bleaching process will also prolong the whitening effect. The point to be considered here; It is not to use abrasive toothpastes or tooth powders. Products with abrasive content cause both coloring and sensitivity after a certain period of time.
5. The effect of bleaching is maintained for a long time in a patient who brushes teeth at least twice a day, has regular controls for 6 months, does not smoke and does not consume excessive tea, coffee or other colored foods mentioned below.
6. The whitening process that needs to be known is not a permanent solution. Depending on the quality of oral care, the duration of action will be short or long. It can be reapplied once a year as needed.

- Examples of foods or products that are forbidden to consume or use;

Tea, coffee, cola, red wine, tomato paste, colored fruits, sauces (curry, ketchup, mustard, soy, etc.), red meat, colored lipsticks, cigarettes, etc.

- Examples of products that are safe to consume or use;

Milk and dairy products, cooked eggs, plain soda, colorless fruits such as banana and apple, bakery products, rice-pasta (without sauce), white meats, white wine, white tea, etc.