

The White Diet

To ensure your teeth do not suffer discolouration after they have been whitened, it is important to eat only white foods for 48 hours after the procedure. The pores of the teeth take up to 48 hours to close after treatment and any coloured food will sink into these and stain.

It is also essential that you do not smoke for 48 hours after the treatment as this will cause discolouration.

	What you CAN consume	What you MUST NOT Consume for 48 Hours
MEAT & FISH	Chicken or Turkey (must be dry or boiled with no fat) White fish such as Cod, Plaice or Haddock.	Beef, lamb, pork (no red meats) Salmon, tuna, sardines, trout, prawns (any coloured fish)
VEGETABLES	Cauliflower, Cottage Cheese, White Beans, Potatoes (boiled, mashed or baked; do not eat the skin or add butter)	Carrots, peas, sweetcorn, broccoli, green beans, sprouts, mushrooms (any other coloured veg).
SALAD & FRUIT	Bananas only	Beetroot, tomatoes, red/green lettuce (any other coloured salad or fruit)
BREAD & BUTTER	1 Small white pitta bread	White bread, brown bread, wholegrain bread any other bread (baguettes, rolls etc)
PASTA & RICE	White rice, white pasta (with white sauce only)	Brown rice, coloured pasta, coloured pasta sauces
CEREAL	Rice Krispies (Skimmed milk only)	Any coloured, chocolate based cereals, even white chocolate
SWEETS	White chewing gum	No sweets, or chocolate (even white chocolate)
MILK & CREAMS	Skimmed milk	Full fat milk, butter or margarine
ALCOHOL	Any clear liquid, white wine, gin, vodka, clear mixers (tonic)	Red wine, whiskey, guinness, beer, no dark mixers (coke)
OTHER		Other Coloured toothpaste or mouthwash, NO SMOKING

PLEASE NOTE:

If you had a late night treatment, do not brush your teeth until the morning. Use only white tooth paste and no coloured mouthwash. It is advisable that you use a soft toothbrush whilst on the white diet. After your teeth whitening treatment if for any reason you feel any sensitivity in your gums please just rub some Bonjela onto your gums and this will go 95% of the time.