



**GENESIS DENTAL CENTER BAHAMAS LTD.**  
**Call Our office at: 242-393-2333 or 242-394-2333**

## **WHITENING PRECAUTIONS**

To achieve the best possible whitening results, please follow these guidelines carefully:

### **For the Next 48 Hours, Avoid:**

These items can stain your teeth while they are temporarily more porous after whitening:

- Tobacco products
- Colored lipsticks or tinted lip balms
- Coffee or tea
- Red wine
- Tomatoes and tomato-based foods
- Soft drinks
- Mustard or ketchup
- Berries
- Soy sauce or other dark sauces
- Colored mouth rinses

## **Additional Information & Tips**

### **White spots on enamel:**

Light or white spots may appear during the whitening process. These usually blend in as whitening continues.

### **Tooth sensitivity:**

A small percentage of patients experience sensitivity during or after treatment.

Foods and drinks high in **citric acid** (such as citrus fruits or juices) can increase sensitivity.

### **Re-staining over time:**

Coffee, tobacco, and other staining substances may cause teeth to darken again.

If this happens, a few nights of **Opalescence touch-up whitening** can help restore brightness.

### **Dental checkups:**

Regular cleanings and exams before and after whitening help maintain a healthy, bright smile.