



## Beyond your teeth whitening programme at Ollie and Darsh

### White Diet - 48 hours after treatment

Following a white diet is very important to any teeth whitening procedure. You should keep to this for approximately 48 hours and avoid any food that will cause discoloration during this period. There are ways to get around the diet with our maintenance and loyalty cards please ask.

White Diet Sheet	
Drinks you can have	Drinks not to have
Still or sparkling water, Tonic water. Lemonade, Skimmed milk only	Tea, Coffee, Cola, Orange, Fizzy drinks

Alcoholic Drinks (clear liquids only)	Alcoholic not to have
Vodka, Malibu, Vodka Ice, Gin, White Wine- <u>Please drink responsibly!</u>	Any alcohol with a colour!

Food must be white only	Food not to have
Chicken, Turkey, White Fish, White Rice, White Pasta with a white sauce only, Cauliflower, Cottage cheese	Beetroot Tomatoes Curry Chilli

Others	
Fruit	Keep away from all fruit apart from Bananas because most fruit is Acidic
Sauces	Keep away from sauces like Bolognaise but white Pasta sauce is fine.
Sweets	Chewing gum is fine but no Chocolates, Sweets, etc.
Smoking	Keep from Smoking there are ways around this with our great aftercare advice on smoking cessation. Please ask a member of the Ollie and Darsh team.

**Other Points for consideration**

Do not use any coloured mouthwash for 48 hours.

After your teeth whitening treatment, if for any reason you feel any sensitivity in your gums please just ask about our *Tooth Mousse* as this will ease your sensitivity.

**\*Please ask about our home whitening kits and our loyalty cards to maintain your smile.**

**Thank you.**