

Teeth Whitening Aftercare

Following these teeth whitening after-care instructions will help your teeth whitening results last as long as possible, and keep your enamel strong and healthy.

1) USE REMINERALIZING GEL

Seal and strengthen your teeth at the end of your professional teeth whitening treatment with a remineralizing gel (aka remi gel) such as Minerals Enamel Booster. Several scientific studies concluded that remi gel “can significantly enhance the microhardness of bleached enamel.” The remineralizing gel puts minerals (calcium, fluoride, and potassium) back into your teeth. This helps seal in results and block out stains.

The longer you can leave the remi gel on the better. If you have teeth whitening trays, you can apply the gel to your teeth and then wear the trays for half an hour or so. Also, having plenty of minerals in your diet (eating a healthy diet) may result in saliva with higher mineral content.

2) WAIT AT LEAST 1 HR TO BRUSH

The ADA recommends that you wait an hour after eating to brush your teeth. The reason that the ADA says to wait an hour after eating a meal or drinking an acidic or sugary beverage is that eating and drinking can temporarily soften enamel (i.e. acids reduce the microhardness of tooth enamel.) If you brush too soon, while your enamel is softened, the brushing can eventually wear away your enamel when repeated over time. The minerals in your saliva need time to harden enamel after eating or drinking acidic or sugary beverages. (Note: Think of remi gel like saliva – but even more effective.) Since tooth bleaching has the same effect on teeth as drinking acidic beverages or eating a meal, we recommend that you wait at least an hour after teeth whitening to brush your teeth.

3) FOLLOW THE WHITE DIET

We recommend that you follow The White Diet and you can find all the details on that [HERE](#). To summarize, however, it means eliminating all substances that stain your teeth for the first 48 hours after professional whitening. It also follows that minimizing their use/consumption will help your whitening last longer. The biggest culprits are tobacco, coffee, tea, and red wine

4) AVOID ACIDIC FOODS & BEVERAGES

Acidic foods and beverages open up the pores of the tooth enamel allowing stains to more easily penetrate your teeth. Use a straw to help minimize the contact of these substances with your teeth.

5) AVOID EXTREMELY HOT OR COLD LIQUID

These are dangerous to your white smile because they change the temperature of your teeth. This temperature change (hot and cold cycling) causes teeth to expand and contract, allowing stains to penetrate your teeth. Try cutting down on these types of drinks (including coffee and tea) or try drinking them with a straw to reduce the amount of time they are in contact with your teeth.

6) USE MAINTENANCE PRODUCTS

Use Minerals Enamel Booster to seal in results and lockout stains, brush with Daily White instead of regular toothpaste, and use a Forever White™ Pen to touch-up your smile as needed.