



GANGNAM GENTLE
DENTAL CLINIC

Teeth Whitening Precautions

Food & Lifestyle

- Avoid **smoking** and **heavily pigmented foods or drinks** for at least **48 hours** after whitening.
 - Examples: curry, kimchi, black tea, coffee, cola, red wine.
- To protect your teeth, avoid foods that are **too hot or too cold**.

Sensitivity

- Some patients may experience **temporary tooth sensitivity** for a few days after whitening.
- This is a normal reaction and usually resolves on its own.

Appearance

- Certain parts of your teeth may look **whiter or mottled** right after treatment.
- This is a temporary and natural phenomenon caused by differences in tooth density and will even out over time.

Longevity

- Whitening results are **not permanent**.
- To help maintain your brighter smile:
 - Use a **whitening toothpaste** as part of your routine.
 - Limit foods and drinks with strong pigments, as they can reduce the whitening effect.

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