



Adult and Children's Dentistry at Carolina Forest

AFTER CARE NOTES

For the following 24 hours after treatment you must:

- Avoid any dark staining drinks like Tea, Coffee, Red Wine, colored soft or alcoholic drinks and fruit juice
- Avoid all dark staining foods like Bolognese/marinara sauce, soy sauce, red meat, chocolate, and all fruit except bananas.
- Avoid any foods or drinks that would leave a stain on a white shirt.
- No smoking for 24 hours, smoking a cigarette within the first 24 hours will stain your teeth.
- Avoid colored toothpaste (red or blue) or mouthwash for 24 hours.
- Foods and drinks that may be consumed are as follows: Plain chicken, fish & chips, potatoes, plain pasta and white sauces, cereals, Milk, 7up and white wine, once it is clear or white.

ACCEPTABLE FOOD AND DRINK IDEAS

- Skinless chicken/turkey (minus the fat)
- White fish
- White rice
- White pasta
- White cheese
- Cauliflower
- White onion
- Egg whites
- Peeled potatoes cooked to your liking
- Crustless white bread
- Rice Crispies (yes, the Kellogg's ones – good to know for breakfast)
- Bananas
- White low-fat yoghurt
- Still / sparkling water
- Tonic/soda water
- White lemonade
- Skimmed milk
- Clear coconut water (not milk!)
- Clear alcohol mixed with clear mixers (gin and tonic, vodka and white etc.)

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