

ZOOM POST OPERATIVE INSTRUCTIONS

CONGRATULATIONS on completing the Zoom Whitening process!

Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during Zoom treatments. It takes twelve to twenty four hours for the barrier to fully develop again. During this period, we ask you to avoid certain stain leaving foods and products. Here is a list of what you **CAN and CAN NOT** eat or drink after the procedure. You do not want eat any food with color (anything that would stain a white shirt) for 24H after the procedure.

YOU CAN EAT

Drink: milk, water, clear soda
Fruits: bananas, apple (no peel)
White bread or flour tortillas
Plain yogurts, white cheese, sour cream
Cottage cheese, white rice, baked potato
Plain pasta and white sauce
Turkey or skinless breast

YOU CAN NOT EAT

Red wine, dark cola's, coffee, tea
Grapes or any fruit with color
Mustard or Ketchup
Red sauces
Soy sauce or steak sauce
No smoking and No lipstick
Red meat (steak or hamburger)

You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours for 24 hours