

## **ZOOM! In Office Whitening Aftercare**

Congratulations! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular cleaning or the whitening process. It takes twelve to twenty-four hours for the barrier to fully develop again. For maximizing the whitening, we advise our patients that for the next 48 hours, you do not consume dark or yellow staining substances such as:

- Tobacco products
- Red wine
- Dark beer
- Soft drinks
- Colored lipsticks
- Potato Chips
- Red sauces
- Coffee/Tea
- Mustard
- Ketchup
- Soy Sauce
- Colored toothpastes/gels
- Colored mouthwashes or Fluoride treatments

If your daily homecare involves the use of Perio Prescription or any Chlorohexidine, please wait 48 hours before continuing the usage of these products. If you experience post-procedural sensitivity you may use relief gel provided for sensitive spots, take Advil or Tylenol, and brush with Sensodyne toothpaste.

Additional ways to maintain your bright healthy smile longer is to avoid staining related habits, use an electric toothbrush, floss, and have regular professional dental cleanings as recommended by your hygienist and dentist.

### **Food and Drink Recommendations during the 48 hours post procedure period:**

- Main Entrée: turkey, white tuna (no vinegar), white fish, chicken breast without the skin, pasta with white sauce, grilled cheese with white cheddar or mozzarella cheese
- Beverages: milk, water, clear sodas, tonic water
- Alcoholic Beverages: gin, vodkas, no mixed drinks with orange juice, cranberry juice
- Fruits and Vegetables: apples, bananas, pears (no peels), cauliflower
- Snacks: cottage cheese, plain or vanilla yogurt, vanilla pudding
- Condiments: mayonnaise, sour cream, white gravy, alfredo sauce

### **Patient Instructions for home whitening following the ZOOM! procedure:**

You will be given a take home tray and bleach solution to use after in-office ZOOM! Treatment. This treatment is a home bleaching system which you administer on your own. The effectiveness and safety of this treatment is dependent upon you following our directions closely.

- Begin bleaching as needed after ZOOM! procedure. Be sure to brush and floss before putting the bleaching trays on. You can wear the bleach trays for 30-45 minutes depending on your sensitivity.
- Rinse trays out and let dry overnight, brush your teeth.
- Keep trays away from heat.
- Repeat for 3 nights. If sensitivity occurs use the bleach trays following above directions for 3 nights, but use it every other night instead.