



## ZOOM® Post Treatment 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 the Zoom® treatment. It takes twelve to twenty-four hours for the barrier to fully develop again. During this period, please 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 to eat any food with color (anything that could stain a white shirt) for twenty-four hours after the procedure.

### **YOU CAN EAT**

Milk, water, clear soda

Banana, apple (no peel)

White bread or flour tortillas

Plain yogurts, white cheese

Sour cream, cottage cheese

Baked potato, white rice

Plain pasta and white sauce

Turkey or chicken (skinless)

### **YOU CAN NOT EAT / USE**

Red wine, dark cola, coffee, tea

Grapes or any fruit with color

Ketchup or Mustard

Soy sauce or steak sauce

Red meat

Red sauces

No smoking or tobacco use

No lipstick

You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tablets of regular Advil® or Motrin®) every four hours for twenty-four hours.

### **Contact Us**

If you have any questions or concerns, please don't hesitate to call us at (206) 343-8929. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.

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