

Zoom In Office Whitening After Care

Congratulations! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are vital in maximizing your whitening results for a long lasting, bright and healthy smile. Everyone has a protective layer on their teeth called acquired pellicle. This layer has a surface that stains can be removed by regular dental cleanings or a whitening process. It takes 12-24 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 (tobacco products)
- Red/White Wines
- Berries
- Color lipsticks
- Soft drinks
- Potato Chips
- Red Sauces
- Coffee/Tea
- Mustard/Ketchup
- Soy Sauce
- Colored toothpastes/gels
- Colored mouthwashes or Fluoride treatments

You may experience post procedural sensitivity from the whitening. We recommend taking Advil or Tylenol over the counter (or whatever you normally take for headaches.) You can even take it before your zoom procedure to be proactive. This may last for a few days. It is completely normal.

Food & Drink Recommendations during the 48 hour post procedure period:

Main Entrée Suggestions: turkey, white tuna (no vinegar,) white fish, canned chicken breast, chicken breast without the skin, grilled cheese with white cheddar or mozzarella cheese, pasta with white sauce.

Beverages: milk, water, clear sodas, tonic water

Fruits & Vegetables: apples, bananas, pears (no peels,) cauliflower

Snacks: cottage cheese, plain or vanilla yogurt, vanilla cookies, vanilla pudding, white cheese, white cheddar or mozzarella cheese, white bread (no crust,) flour tortillas (white,) crackers

Condiments: Mayonnaise, sour cream, white gravy, alfredo sauce

Breakfast: pancakes with white syrup, egg whites, oatmeal, cream of wheat

Patient Instructions for Home Whitening following Zoom procedure

You will be given take home trays and whitening solution to use after the in-office Zoom treatment. This treatment is a home whitening system that you administer on your own. The effectiveness and safety of this treatment is dependent upon you following our directions closely.

1. Be sure to brush and floss before putting the whitening trays on.
2. For first time use, twist the cap off the end of the DayWhite syringe and twist on the included mixing nozzle.
3. Place small amount of gel in each tooth compartment of the tray, centered in the area of the front of your tooth.
4. For the best results, use twice daily for 15 minutes, or once per day for 30 minutes for 1 week.
5. When finished, rinse off extra bleach on teeth. Rinse and use a toothbrush to get the excess bleach off of the bleaching trays.

Avoid staining foods, drinks and tobacco ideally for 2 days following completion of whitening. Trays that extend onto the gingiva (gums) may cause soft tissue irritation. Store the remaining whitening gel in a cool, dry place for later use. If sensitivity continues, try whitening every other day.