

Post Op Zoom Whitening Instructions

You will start the Zoom process by having custom trays made in our office. We will give you Opalescence whitening gel to apply daily at least three days prior to your in-office Zoom Treatment. This helps achieve the maximum results.

Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. The 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 staining foods and products.

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 or “zingers” during this period. To help prevent this, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours for 24 hours. Also, we recommend that you brush your teeth with sensitive toothpaste such as Sensodyne for the next few weeks to help reduce the sensitivity. The teeth will get back to normal soon.

Please feel free to call us should you have any questions or concerns.

OUR TIP: As with most things in life, proper care and maintenance make all the difference in how long your whitening treatment lasts. Utilize the take-home whitening system once every four to six months for a quick touch-up that gives your smile an added color boost.