



AFTER YOUR ZOOM WHITENING TREATMENT

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty-four hours for the barrier to fully develop again. To maximize the whitening, we ask that you do not consume dark liquids or foods (i.e. coffee, tea, dark soft drinks, or red wine). Please also refrain from wearing coloured lipsticks in order to minimize shade relapse. In addition, we recommend that you avoid any "yellow" foods such as white wines and potato chips.

Smoking is not permitted for the first 48 hours. The teeth will darken if the patient smokes within the first 48 hrs.

If post-operative sensitivity occurs (usually for the first 48 hours), please use Advil or Tylenol, or what you would normally use for a headache. Sensitivity may occur following any dental treatment.

Remember that you must not use any coloured toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of Perio-Rx or any Chlorahexidine, please wait 48 hours before continuing the usage of this product.

Relapse: Once whitening is complete, there may be a gradual relapse back to the original shade. To prevent this relapse, you may choose to wear your take-home whitening tray periodically.

FOOD AND DRINK RECOMMENDATIONS FOR THE FIRST 48 HOURS

- **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 such as alfredo sauce.
- **Side Dish Suggestions:** plain pasta noodles, white rice, mashed or baked potato without peel.
- **Beverage Suggestions:** milk, water, clear soda, tonic.
- **For Alcohol:** vodka, gin (no orange juice)
- **Fruits and Vegetables:** apples, bananas, and pears (no peels), cauliflower.
- **Snacks:** cottage cheese, plain or vanilla yogurt, snack wells vanilla cookies, vanilla pudding, white cheese: white cheddar/mozzarella.
- **Condiments:** mayonnaise, sour cream, and white gravy.
- **Carbohydrate Suggestions:** white bread (no crust), flour tortillas (white), saltine crackers.
- **Breakfast Suggestions:** pancakes w/ white syrup, egg whites, oatmeal, cream of wheat.