



Post-Operative Instructions

ZOOM! In-Office Teeth Whitening

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. The teeth have a protective layer called the protein pellicule. This layer contains the surface dental stains and is removed during ZOOM! treatments. It takes 12-24 hours for the barrier to fully develop again. First, use the custom trays at home with the provided supplemental sealer/whitener as indicated during the appointment. During this period, we also ask that you avoid certain staining foods and products.

Below is a list of what you CAN and CANNOT eat or drink after the procedure. You do not want to eat any food with color (anything that would stain a white shirt) for 24 hours after the treatment.

SAFE TO EAT OR DRINK:

Drinks: 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

AVOID:

Red wine, dark colas, 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)

Additional ways to maintain your sparkling ZOOM! Smile:

- Avoid staining-related habits.
- Use an automated toothbrush.
- Seek regular professional dental hygiene care to maintain oral health, to keep staining to a minimum and to determine the need for whitening touch-ups.
- Continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a bright, white smile, but a healthy one as well.

You may experience some tooth sensitivity during this period. To prevent this, take 600 mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours for 24 hours. We also recommend that you brush your teeth with sensitive toothpaste such as Sensodyne for the next few weeks to help reduce the sensitivity. Your teeth will feel back to normal soon.

If you have questions or concerns, please call our office at (212) 422-9229.