

Zoom! Home Instructions (To be followed for the first 48 hours)

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 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), as well as refrain from wearing colored lipsticks, in order to minimize shade relapse. In addition, we recommend that you avoid any "yellow" foods such as white wines and potato chips.

To avoid any unnecessary post-operative sensitivity, please self-medicate with whatever medication you would normally use for a headache. Sensitivity may occur after any dental treatment. **If you are experiencing sensitivity, you may rinse with white Milk of Magnesia.**

Smoking is not permitted during the first forty-eight hours. The teeth will darken if the patient smokes within the first forty-eight hours.

Remember, you must not use any colored toothpastes or gels for the first forty-eight hours. We recommend that you utilize the Fluoridex 1.1% NSF 5000ppm which is a color-safe dentifrice. In addition, do not use any colored mouthwash or other home fluoride treatments. If your daily homecare routine involves the use of Perio RX or any Chlorahexidine, please wait forty-eight hours before resuming the usage of this product.

FOOD AND DRINK RECOMMENDATIONS FOR THE FIRST 48 HOURS

Main Entrée Suggestions: Turkey, White Tuna (packed in water), White Fish, Canned Chicken Breast, Chicken Breast (without the skin), Grilled Cheese with White Bread & White 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

For Caffeine: Clear Energy Drinks, Caffeine Supplements

For Alcohol: Clear Liquids (Vodka, Light Rum, Silver Tequila, Smirnoff Ice)

Fruits and Vegetables: Apples, Bananas, Pears (without the peels), Cauliflower

Snacks: Cottage Cheese, Plain or Vanilla Yogurt, Vanilla Pudding, White Cheese

Condiments: Mayonnaise, Sour Cream, White Gravy

Carbohydrate Suggestions: White Bread (without crust), White Flour Tortillas, Saltine Crackers

Breakfast Suggestions: Pancakes with White or Clear Syrup, Egg Whites, Oatmeal, Malt-o-Meal, Cream of Wheat