**Zoom In-Office Post Whitening Care Instructions**

**Congratulations!** You have just experienced a revolutionary tooth whitening procedure. The next 48 hour 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 that 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 (Cola…)
* Potato chips
* Red sauces
* Coffee/tea
* Mustard
* Ketchup
* Soy sauce
* Colored toothpaste/gels
* Colored mouth washes or fluoride treatments

If your daily homecare involves the use of periodontal prescription or any chlorhexidine, please wait 48hours before continuing the usage of these products.

Additional ways to maintain your bright healthy smile longer is to avoid staining related habits, use an electric toothbrush, floss, and have regular professional dental cleanings (at least twice a year) as recommended by your hygienist and dentist.

**Food and 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.

Alcoholic beverages: Gin, vodkas, (no mixed drinks with orange juice or cranberry juice)

Fruits and Vegetables: Apples, bananas, pears (no peels), cauliflower.

Snacks: Cottage cheese, plain or vanilla yogurt, snack wells vanilla cookies, vanilla pudding, white cheese (white cheddar, mozzarella, provolone, Swiss...)

Condiments: Mayonnaise, sour cream, white gravy, Alfredo sauce.

Carbohydrates: White bread (no crust), Flour tortillas, crackers.

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

**Patient Instructions for home whitening following Zoom Procedure**

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

1. Begin bleaching 24 hours after zoom procedure.(Only if you do not have sensitivity) Be sure to brush and floss before putting the bleaching trays on. You can wear the bleach trays for 30-45 minutes depending on your sensitivity.
2. When putting bleach into your at home bleach trays, make sure to only place a very small dot on the front side of tooth (using too much bleach can result in the solution burning your gum tissue.)
3. Rinse the trays out and let dry overnight, brush your teeth.
4. Keep trays away from heat or animals.
5. Repeat for 3 consecutive days. If sensitivity occurs, you may chew sugarless gum to reduce the peroxide levels, take an Advil or Tylenol, or what you would normally take for headaches, and brush with a sensitive toothpaste. Using the Relief ACP gel that was provided in your take home kit will also help to reduce sensitivity.

If you have any questions or concerns, please call the office at (253)759-7941