



ZOOM® Post Treatment Instructions

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. Everyone's teeth have a protective layer called the protein pellicule. This layer contains the surface dental stains and is removed during the Zoom® treatment. It takes twelve to twenty-four hours for the barrier to fully develop again. During this period, please avoid certain stain-leaving foods and products.

Here is a list of what you CAN and CAN NOT eat or drink after the procedure. You do not want to eat any food with color (anything that could stain a white shirt) for twenty-four hours after the procedure.

YOU CAN EAT

Milk, water, clear soda
Banana, apple (no peel)
White bread or flour tortillas
Plain yogurts, white cheese
Sour cream, cottage cheese
Baked potato, white rice
Plain pasta and white sauce
Turkey or chicken (skinless)

YOU CAN NOT EAT / USE

Red wine, dark cola, coffee, tea
Grapes or any fruit with color
Ketchup or Mustard
Soy sauce or steak sauce
Red meat
Red sauces
No smoking or tobacco use
No lipstick

You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tablets of regular Advil® or Motrin®) every four hours for twenty-four hours.

Contact Us

If you have any questions or concerns, please don't hesitate to call us at 206-923-3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.