

PHILIPS ZOOM!

ZOOM POST OPERATIVE 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 beautiful smile. Your teeth have a protective layer called the protein pellicle layer, which is removed during Zoom treatments and typically takes 4-6 hours for the barrier to fully develop again.

As a result, here is a list of what you **CAN** and **CAN NOT** eat or drink after the procedure. Your next meal should consist of a "white diet," (anything that would stain a white shirt) for at least 4-6 hours following the procedure.

YOU CAN EAT

Drink: 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

YOU CAN NOT EAT

Red wine, dark cola's, 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)

If you should experience any tooth sensitivity following the procedure, don't forget to use the remainder of the Relief ACP gel provided before your next meal. In addition, you may also take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours, as needed. We also recommend that you brush with sensitivity relief toothpaste, such as Fluoridex for the next few days to help reduce any sensitivity you may still have.

Then use the custom trays at home starting the night after the treatment along with the provided DayWhite gel for 15 minutes, which will also improve the shade of your teeth another few shades. Also, during this period, we ask you to avoid certain staining foods following the use of the custom trays to improve the results.

Teeth that have been whitened with the Zoom System will stay whiter significantly longer than they would if post whitening instructions are followed. To keep teeth looking their best and protect your investment, we recommend flossing, brushing twice daily with a Sonicare that will keep extrinsic stains off and occasional touchups with the Zoom NiteWhite or DayWhite At-Home Whitening Systems or even a Zoom Whitening Pen for maintenance.

Please feel free to call us should you have any questions or concerns.

