



# Zoom! Whitening

## Post treatment Care

After your Zoom! treatment please follow a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during treatment. It takes twelve to twenty four hours for the layer to fully develop again. During this period we ask that avoid items listed under "Don'ts."

You may experience some tooth sensitivity for a short time after treatment. If you do, take an over the counter pain reliever one you would use for a headache .

Please feel free to contact us with any questions or concerns pertaining to your post Zoom! whitening treatment.

Within the next 24 hours, we recommend the following post treatment:

### Do's

Milk, water, clear sodas; Bananas, apples, no peels; White bread, flour tortillas; Oatmeal, cream of wheat; Plain yogurt, white cheese, sour cream, cottage cheese; White rice, baked potato; Plain pasta and white sauce; Turkey, chicken no skin

### Don'ts

Red wine; Dark colas; Coffee or tea; Red sauces; Mustard or ketchup; Soy sauce, A 1 steak sauce; Smoking; Lipstick; Avoid anything that would stain a white shirt

