

# 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 procedures. Your next meal should consist of a “white diet,” (anything that would stain a white shirt) for at least 48 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
- No smoking and No lipstick
- Red meat (steak or hamburger)

If you should experience any tooth sensitivity you may 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 Sensodyne for the next few days to help reduce any sensitivity you may still have.

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 an electric or soft toothbrush that will keep extrinsic stains off.

Please feel free to call us at 702-616-1600, should you have any questions or concerns.