



Implant, Cosmetic & Restorative Family Dentistry

Zoom! Home Instructions *To be followed for the first 48 hours*

Teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning and/or the whitening process. It takes twelve to twenty-four hours for the barrier to fully develop again. To maximize whitening and avoid shade relapse, we ask that you do not consume dark liquids or foods (i.e. coffee, tea, dark soft drinks, red wine), as well as refrain from wearing colored lipsticks. In addition, we recommend that you avoid any “yellow” foods such as white wines and potato chips.

If you experience any post-whitening sensitivity, you may take an over the counter anti-inflammatory such as Advil or Aleve.

Smoking is not permitted for the first 48 hours. The teeth will darken if the patient smokes within the first 48 hours.

Do not use any of the following for the first 48 hours: colored toothpastes or gels, colored mouth wash, home fluoride treatments, Perio Rx and Chlorhexidine.

FOOD AND DRINK RECOMMENDATIONS FOR THE FIRST 48 HOURS:

- **Main Entrée Suggestions:** turkey, white tuna (no vinegar), white fish, canned chicken breast, chicken breast (without skin), grilled cheese with white cheddar or mozzarella, pasta with white sauce
- **Side Dish Suggestions:** plain pasta noodles, white rice, mashed/Baked potatoes (no peel)
- **Beverage Suggestions:** milk, water, clear soda, tonic
- **Fruits and Vegetables:** apples and pears (no peels), cauliflower
- **Snacks:** cottage cheese, plain or vanilla yogurt, white cheese
- **Condiments:** mayonnaise, sour cream and white gravy
- **Carbohydrate Suggestions:** white bread (no crust), flour tortillas (white), saltine crackers
- **Breakfast Suggestions:** egg whites, oatmeal, cream of wheat