

PRESTIGE

Family & Cosmetic Dentistry

Congratulations on completing the **ZOOM! Whitening Procedure!**



Superior
whitening
for a confident,
beautiful **SMILE**



Now that we have completed the in-office treatment, there are a few very important steps that you, the patient, can take to ensure you maintain your new smile as white as possible.

POST PROCEDURE INSTRUCTIONS

Your teeth are covered by protective layer of protein called the *pellicle*. This layer, containing surface dental stains, was removed during your Zoom treatment. It takes 12 to 24 hours for this barrier to fully develop again.

During this time, we ask that you use the custom trays and the supplemental sealer/whitener (ACP PASTE) you received at the end of your appointment. The longer the gel is applied, the better it will work. At a minimum, you should wear the tray for 30 minutes. The best option is to apply the gel overnight.

Bella Makagon, DMD

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During this period you may also experience some tooth sensitivity. To address this, we recommend you take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours for the next 24 hours. Also, we recommend that you brush your teeth with sensitive toothpaste such as Sensodyne for the next few weeks to help reduce the sensitivity.

We also ask that you stay away from certain staining foods and products during this period. Some examples are provided below. A good rule of thumb is that if you think it will stain a WHITE T-SHIRT don't put it in your MOUTH.

PERMITTED SUBSTANCES	SUBSTANCES TO AVOID
DRINK: Milk, Water, Clear Soda	DRINK: Red Wine, Cola, Coffee, Tea
FRUIT: Banana, Apple (no peel)	"Colorful" fruit
White Bread or Flour Tortillas	Marinara Sauce
Pasta with Alfredo Sauce	Soy Sauce or Steak Sauces
White Cheeses or Plain Yogurts	Mustard or Ketchup
Turkey or Skinless Chicken Breast	Red Meat
White Rice or Baked Potato	Smoking
Cottage Cheese	Lipstick

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