



Zoom! Home Instructions (to be followed for the first 48 hours)

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

To avoid any unnecessary post-operative sensitivity, please self-medicate with whatever medication you would normally use for a headache.

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

Remember you must not use any coloured toothpastes or gels for the first 48 hours. In addition, do not use any coloured mouthwash or home fluoride treatments. If your daily homecare involves the use of Perio Rx. or any chlorahexidine, please wait 48 hours before continuing the usage of this product.

FOOD AND DRINK RECOMMENDATIONS FOR THE FIRST 48 HOURS

Main Entree Suggestions: turkey, white tuna (no vinegar), white fish, chicken breast without the skin, grilled cheese with white cheddar or mozzarella cheese, pasta with white sauce such as alfredo sauce.

Side Dish Suggestions: plain pasta noodles, white rice, mashed or baked potato without peel.

Beverage Suggestions: milk, water, clear soda, tonic.

Alcohol: vodka.

Fruits and Vegetables: apples and pears (no peels), cauliflower.

Snacks: cottage cheese, plain or vanilla yogurt, white cheese.

Condiments: mayonnaise, sour cream.

Carbohydrates Suggestions: white bread (no crust), flour tortillas, saltine crackers.



Breakfast Suggestions: pancakes w/ white syrup, egg whites, oatmeal, cream of wheat.