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ZOOM WHITENING 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 smile. The teeth have a protective layer called the protein pellicule. This layer contains the surface dental stains and is removed during Zoom whitening treatments. It takes 24-48 hours for the barrier to fully develop again. During this time it is important that you follow certain guidelines and monitor which foods, drinks, and products you intake:

Please Avoid the Following Items:

- o Red Wine
- o Dark Soda
- o Coffee
- o Tea
- o Ketchup, Salsa, and other red sauces
- o Tobacco Products

Food Suggestions:

- o *Main Entrées:* Turkey, white tuna (no vinegar), white fish, canned chicken breast, chicken breast without the skin, grilled cheese with white cheddar or mozzarella cheese, pasta with white sauce such as alfredo
- o *Side Dishes:* Plain pasta, white rice, mashed or baked potato (no peel)
- o *Beverages:* Milk, water, clear soda (sprite) or tonic
- o *Alcohol:* Gin or Vodka (no orange juice). White wine is ok
- o *Fruits & Vegetables:* Apples, bananas, pears (no peels) and cauliflower
- o *Snacks:* Cottage cheese, plain or vanilla yogurt, snack wells vanilla cookies, vanilla pudding, white cheese, white cheddar or mozzarella
- o *Condiments:* Mayonnaise, sour cream and white gravy
- o *Carbohydrates:* White bread (no crust), flour tortillas (white), crackers
- o *Breakfast:* Pancakes with white syrup, egg whites, oatmeal, cream of wheat

****Anything that can stain a white shirt will stain your teeth during the 24-48 post-operative period.***

You may experience some tooth sensitivity during the post-operative period. To prevent this, or if the sensitivity is severe, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) every 4 hours as needed for pain. Brushing your teeth with sensitive toothpaste, such as Sensodyne, for the weeks following the procedure is strongly recommended.

Additional ways you can help maintain your sparkling ZOOM smile is to avoid staining related habits, use an electric toothbrush, floss and have regular professional hygiene visits twice a year to keep your smile its whitest!

Please contact the office with any questions or concerns! 830-201-2114