



**PHILIPS**  
**ZOOM!**



## **WHITENING TAKE HOME INSTRUCTIONS**

### **CONGRATULATIONS on completing your 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 pellicle. This layer contains the surface dental stains and is removed during ZOOM! treatments. It takes 12 to 24 hours for the barrier to fully develop again.

If custom trays are included with your treatment, use them at home with the provided supplemental sealer/whitener as indicated during the appointment. Also, during this period, we ask you to avoid certain staining foods and products.

Here is a list of what you **CAN** and **CAN NOT** eat or drink after the procedure. ***You do not want to eat any food with color (anything that would stain a white shirt) for 24 hours after the procedure.***

#### **YOU CAN EAT**

Drinks: 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 chicken breast

#### **YOU CAN NOT EAT**

Red wine, dark sodas, coffee, tea  
Grapes or any fruit with color  
Mustard or ketchup  
Red sauces  
Soy sauce or steak sauce  
Red meat (steak or hamburger)  
No smoking  
No lipstick

You may experience some tooth sensitivity during this period. To prevent this, take 600 mg of ibuprofen (3 tablets of regular Advil or Motrin) every 6 hours for 24 hours. Also, we recommend that you brush your teeth with sensitive toothpaste such as Sensodyne for the next few weeks to help reduce sensitivity. The teeth will get back to normal soon.

If you will be restoring your teeth with crowns, veneers and/or composite then we recommend the following:

**NO SENSITIVITY – restore teeth in 1 week**

**EXPERIENCING SENSITIVITY – restore teeth in 2 weeks**

Our team of experts will guide and help you during and after your ZOOM! whitening treatment. Please feel free to call us should you have any questions or concerns.

Again, congratulations!