

# 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:**

- Red wine
- dark soda
- coffee
- tea
- ketchup, salsa, and other red sauces
- tobacco products

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

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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.

Please contact the office with any questions or concerns! (678) 957-0770

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