

ZOOM! ignite the white

POST-PROCEDURE CARE

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long-lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

- Coffee and/or tea
- Tobacco products
- Mustard or ketchup
- Cola
- Red wine
- Soy sauce
- Berry pie
- Red sauces (such as A-1)
- Lipstick
- Toothpaste with color
- Smoking

For the next 48 hours, substances that may be consumed are:

- Milk, water, clear soda
- White bread, flour tortillas
- White rice, baked potato
- Turkey, chicken breast (no skin), white fish
- Plain yogurt, white cheese, sour cream, cottage cheese
- Bananas, apples (no peel)
- Oatmeal, cream of wheat
- Plain pasta and white sauce

Additional ways to maintain your sparkling ZOOM! smile:

- Avoid staining-related habits
- Use an automated toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- In addition, continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

What to expect after your ZOOM! whitening:

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 up to twenty-four hours for the barrier to fully develop again. During this period we ask that you avoid the items listed above.

You may also experience some tooth sensitivity during this period. If you do have any sensitivity symptoms, you may take whatever you would normally use for a headache, such as Motrin or Advil.

Please feel free to contact us, should you have any questions or concerns. We will be happy to assist you. If you are calling after hours, call our main number 544-7645 and then press 202 to page Dr. Klim.