

Zoom Whitening



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.

Everyone's teeth have a protective layer called pellicle. This layer is removed during Zoom treatments. It takes twelve to twenty four hours for the barrier to fully develop again. During this period the teeth are at risk from staining.

Avoid consuming dark foods and drinks (anything that would stain a white shirt)

- Red wine & dark coloured colas
- Tea & Coffee
- Grapes, blueberries and other coloured fruits
- Mustard and dark sauces

Instead consume

- Milk, water, clear soda
- Fruits like bananas and apples (no peel)
- White bread and flour tortillas
- Plain yogurt, white cheese, sour cream
- Cottage cheese, white rice, baked potatoes
- Plain pasta and white sauce
- White meat

SMOKING IS NOT RECOMMENDED

DO NOT APPLY LIPSTICK

Sensitivity & Pain

- You may experience some tooth sensitivity or ZING pains after the procedure. This can be minimised by applying Tooth Mousse regularly over the first 24 hours.
- If pain relief is required take an anti-inflammatory of your choice following the manufacturer's instructions.
- Your teeth will soon go back to normal.

To maintain your new white smile we recommend

- application of Tooth Mousse each night
- Use Philips Zoom take-home whitening treatment 3 to 6 months after your initial whitening.

Please feel free to call us should you have any questions or concerns.

Enjoy your bright new smile!

Real Dental Care