



BRINKLEY

DENTAL

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 pellicle. This layer contains the surface dental stains and is removed during Zoom treatments. It takes twelve to twenty four hours for the barrier to fully develop again. You may use the Relief Gel in your whitening trays to alleviate any post-operative sensitivity. Drink plenty of water for the next 12 hours. 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

Drink: milk, water, clear soda
Fruits: bananas, apple
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 breast

YOU CAN NOT EAT

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

You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin, if you are able) every 4 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 the sensitivity

If you would like to continue whitening at home, you may do so after a minimum of 48 hours. Please feel free to call us should you have any questions or concerns. Enjoy your new smile!!