



## **Post Teeth Whitening Tips and Menu Suggestions**

- Make sure all toothpaste, floss, and mouthwash are white/clear in color
  - No colored lipstick for 72 hours

To ensure the best, long-lasting effects of your Zoom® Whitening procedure, we recommend these helpful menu items for the next 72 hours:

### **Suggested food items we recommend:**

Pasta- with white sauce  
Chicken- white meat  
Turkey- white meat  
White rice  
White seafood  
White fish  
Potatoes- no skins, no butter  
Potato soup  
New England clam chowder  
White pudding  
Plain bagel with cream cheese  
White asparagus  
Peeled cucumbers  
White crackers  
Water

Bananas  
Apples- no skin  
Pears- no skin  
White breads  
Egg whites  
White yogurts  
Vanilla shakes  
Vanilla Ensure  
Milk-white  
Mayonnaise  
White cheeses  
Sour cream  
White, raw mushrooms  
Cauliflower  
White corn

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