



ZOOM® WHITENING

BEFORE YOUR ZOOM® PROCEDURE

Prior to your tooth whitening procedure, we want to recommend a few things to help you obtain your brightest smile.

1. It is not necessary but recommended for you to use sensitivity toothpaste each night up to two weeks prior to your Zoom® whitening procedure to minimize sensitivity during and after your procedure.
2. Please feel free to take your normal pain medication (eg. Ibuprofen, Tylenol, etc.) one hour prior to appointment to help minimize discomfort during your procedure.
3. The appointment will be scheduled for *2 hours*. Please feel free to bring headphones to make your appointment more enjoyable.
4. Please be mindful when scheduling that we recommend a white food diet (see below) *72 hours after your procedure*.

Food Menu Suggestions

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

Pasta- with white sauce	Water
Chicken- white meat	Bananas
Turkey- white meat	Apples- no skin
White rice	Pears- no skin
White seafood	White breads
White fish	Egg whites
Potatoes- no skins, no butter	White yogurts
Potato soup	Vanilla shakes
New England clam chowder	Vanilla Ensure
White pudding	Milk-white
Plain bagel with cream cheese	White cheeses
White asparagus	White, raw mushrooms
Peeled cucumbers	Cauliflower
White crackers	White corn

WEIERBACH & GENETTI PROSTHODONTICS

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AFTER YOUR ZOOM® PROCEDURE

THINGS TO AVOID AFTER YOUR PROCEDURE:

1. **Avoid** eating or drinking anything with **color**
Examples: coffee, tea, strawberries, blueberries, beets, chocolate, red meats, sauces, (yes, even white wine)
2. **Avoid** colored lipstick for 72 hours after your procedure.
3. **Avoid** eating or drinking anything with **citrus** for 24 hours to avoid unnecessary sensitivity
4. Make sure all toothpaste, floss, and mouthwash are **white/clear** in color.

A good rule to follow is:

If it would stain a white linen napkin- it will stain your teeth.

SENSITIVITY:

- You may experience some sensitivity for the first 24-72 hours. If needed, take over the counter medication that has anti-inflammatory properties (if your medical history permits this type of medication).
- You may experience some “zings” or spontaneous pain on certain teeth. This is normal and should resolve after 24 hours.

FLUORIDE APPLICATION:

- To help reduce your post-whitening sensitivity, we will place a fluoride varnish on your teeth. In order to keep the product in place for the rest of the day, please follow below:
 - Please do not brush or remove this product until bedtime.
 - Eat a soft food diet and avoid hot drinks and products that contain alcohol for 4-6 hours.

RESULTS:

- Depending on the starting color and condition of your teeth, sometimes patients request a second session to obtain a brighter result. We recommend this one month after your first session to minimize discomfort.
- Results can last up to 4-5 years depending on the condition of your teeth and daily habits. We have available Zoom® pens for touch-up applications if you desire.

If you have any questions or concerns, please do not hesitate to ask.

Thank you for allowing us to help you achieve your ideal and classic smile!

- Your team at Weierbach & Genetti Prosthodontics