

## *Zoom! Post-Whitening Care Instructions*

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

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

- Coffee / Tea
- Tobacco products
- Mustard / Ketchup /Soy
- Cola's
- Red Wine
- Berry pies
- Red Sauces
- Avoid Lipsticks or anything that would stain a white shirt

Suggestions of white and clear foods you may consume for the next 48 hours:

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

### *Additional ways to maintain your sparkling Zoom smile:*

- Avoid staining related habits
- Use an automated toothbrush, we suggest Sonicare
- See regular professional; dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.

Advanced cosmetic Dentistry and their educated staff will assist you in selecting the products to maintain not only a white smile, but a healthy one as well.

Please feel free to call us with any questions you may have +7 495 781 5577