



ZOOM! INSTRUCTIONS:

Congratulations on your new smile! Please follow these instructions for the next 24 hours following your ZOOM! whitening procedure.

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes 12-24 hours for the barrier to fully develop again. To maximize the whitening, we ask that you do not consume foods or beverages with any color (coffee, tea, dark soda, or red wine), as well as refraining from wearing colored lipsticks, in order to minimize shade relapse. In addition, we recommend that you avoid any "yellow" foods such as white wines and potato chips.

****To avoid any unnecessary post-operative sensitivity, please self medicate with whatever medication you would normally use for a headache (either Tylenol or Ibuprofen).**

****Smoking is NOT permitted for the first 24 hours. The teeth will darken if you smoke in this time period.**

**** Remember, you must not use any colored toothpastes or gels for the first 24 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily home care involves the use of Peridex, please wait 24 hours before continuing the usage of this product.**

**** You will also be given a list of recommended foods to eat for the first 24 hours. Please make sure that you do not eat any foods of color in this time period. For the first 24 hours your teeth will be like a sponge and any colored food may cause your teeth to stain. If this does happen, you will require a touch-up visit, similar to the one that you just had, at a fee of \$275.00.**

We are so thrilled to be offering this exciting new technology to you and we are sure that you will be thrilled with your new ZOOM!

We hope to keep you smiling,

Drs. Rosen, Kurman & Staff

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