

# **ZOOM&LASER POST OPERATIVE INSTRUCTIONS**

***CONGRATULATIONS on completing the Zoom Whitening process!***

## **Reston Town Center Dental**

Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. Here is a list of what you CAN and CAN NOT eat or drink after the procedure. You do not want eat any food with color (anything that would stain a white shirt) for 24 hours after the procedure. You may experience some tooth sensitivity during this period. To prevent this, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) 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. The teeth will get back to normal soon.

### ***YOU CAN EAT***

**Drink: milk, water, clear soda Fruits: bananas, apple (no peel) 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***

**Do not drink Red wine, dark cola's, 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)**

**Please feel free to call us anytime if you have any additional questions.**

### **RTC Dental**

**1760 Reston Parkway Suite # 415 Reston, VA 20190**

**On-Call Dentist Cell Phone #: (571) 423-7945**