

Friendly Smiles Dental

Zoom Whitening Aftercare Instructions

Philips Zoom teeth whitening can provide you with a dazzling white smile for up to 2 years, but your optimal shade's longevity depends heavily on your aftercare habits.

For long lasting results, brush and floss your teeth gently at least twice daily. Do not brush too hard to avoid wearing down the enamel and irritating your gums. Rinse your mouth with mouthwash at least once per day. These oral hygiene habits help maintain your natural white smile for longer. If you have any tooth sensitivity, use a desensitizing toothpaste until the discomfort subsides.

It is essential to limit foods and beverages that stain your teeth as much as possible. You must avoid these items entirely for at least one week after your teeth whitening treatment. If you chew or smoke tobacco, consider quitting. Tobacco and nicotine stains build up quickly, which means you'll require more frequent top-ups and whitening treatments.

Recommended safe foods to prevent staining after treatment

- Eggs (preferably scrambled, so the bright yolk pigments aren't as harsh on your teeth)
- A bagel (cream cheese or butter is fine, but avoid jams and jellies)
- Non-sugary cereals with any milk
- Plain or vanilla-flavored yogurts
- Banana smoothies
- Enjoy any basic sandwiches, while still avoiding jams and jellies, mustard, and any bright color condiments.
- If you're eating cheese, be sure to choose only white options.
- Pasta and pizza are fine but stick to creamy white sauces instead of marinara and other reds.
- Stick to poultry for your main meat or white fish. Avoid red meats.
- Potatoes are fine, as long as they're basic whites. Avoid sweet potatoes and au gratin style options.
- Rice and beans are popular meals but avoid black beans or any highly pigmented versions.
- If you're craving a salad, stick to potato and macaroni types. The healthy, lettuce options will have to wait until at least 48-hour after your treatment.
- Original potato chips (white-colored dip is also fine)
- Saltine crackers
- Pretzels
- Fruits (apples, bananas, pears, and other light-colored, low acid options)
- Water
- Milk
- Apple Juice
- Green tea
- Clear sodas (Sprite, Sierra Mist)