



*American Dental Associates, Ltd.
5342 South Archer Avenue
Chicago, Illinois 60632
773-284-1645*

ZOOM POST OPERATIVE INSTRUCTIONS

CONGRATULATIONS on completing the Zoom Whitening process!

Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile. The teeth have a protective layer called the protein pellicule. This layer contains the surface dental stains and is removed during Zoom treatments. It takes twelve to twenty-four hours for the barrier to fully develop again. The solution will continue to bleach for the next seven days. Also, during this period, we ask you to avoid certain staining foods and products.

Here is a list of what you CAN, and CAN NOT eat or drink after the procedure.