



ZOOM! TAKE HOME INSTRUCTIONS

(To be followed for the first 48 hours)

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 twelve to twenty-four hours for the barrier to fully develop again. To maximize the whitening, we ask that you do not consume any dark liquids or foods (i.e. coffee, dark soft drinks, or red wine). Please also refrain 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.

If post operative sensitivity occurs, please use Advil or Tylenol, or what you would normally use for a headache. Sensitivity may occur following any dental treatment.

Smoking is not permitted for the first 48 hours. The teeth will darken if the patient smokes within the first 48 hours.

Remember that you must not use any colored toothpastes or gels the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of Perio Rx or any Chlorahexidine, please wait 48 hours before continuing the usage of this product.

FOOD AND DRINK RECOMMENDATIONS FOR THE FIRST 48 HOURS

Main Entrée Suggestions: Turkey, White Tuna (no vinegar), White fish, Canned Chicken Breast, Chicken Breast without the skin, Grilled cheese with White Cheddar or Mozzarella Cheese, Pasta with White Sauce such as Alfredo Sauce.

Side Dish Suggestions: Plain Pasta Noodles, White Rice, Mashed or Baked Potato (without peel)

Beverage Suggestions: Milk, Water, Clear Soda, Tonic

Alcohol Suggestions: Vodka, Gin (no orange juice)

Fruits and Vegetables Suggestions: Apples, Bananas, Pears (no peels), Cauliflower

Snack Suggestions: Cottage Cheese, Plain or Vanilla Yogurt, Snack Wells, Vanilla Cookies, Vanilla Pudding, White Cheese: White Cheddar/Mozzarella

Condiment Suggestions: Mayonnaise, Sour Cream, White Gravy

Carbohydrate Suggestions: White Bread (no crust), Flour Tortillas (white), Saltine Crackers

Breakfast Suggestions: Egg Whites, Oatmeal, Cream of Wheat

If you have any questions please feel free to call the office at (403)263-4030.

Call today for a free smile evaluation!

TERRA DENTAL CARE

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