

**HOME CARE AFTER ZOOM WHITENING**

Food/drinks such as white rice, white sauces, white wine, milk, bananas, pasta, and plain chicken are examples of a white diet. Avoid any dark-staining drinks or foods. Avoid any food/drinks that would stain a white shirt.

Post whitening, your teeth are particularly porous and will absorb stains easily. The following are some items you should avoid:

Foods And Drinks To Avoid:

* Red wine.
* Coffee.
* Tea.
* Fruit juice.
* Soda.
* Soy sauce.
* Red meats.
* Red sauces
* Fruit (except for bananas, apples and pears).

People who expose their teeth to foods and beverages that cause staining may see the whiteness start to fade in as little as 1 month. Those who avoid foods and beverages that stain may be able to wait 1 year or longer before another whitening treatment or touch-up is needed.

Although tooth sensitivity with whitening is very common, it is usually of short duration, lasting typically 24 to 48 hours.