



Post-op Instructions for ZOOM Whitening Appointments

Congratulations! You have just experienced a revolutionary tooth whitening procedure. Be ready for people to notice the brilliance and beauty that was always within, now just enhance by a beautiful and eye-catching smile!

It is essential to follow our advice for the best results and minimize any potential discomfort or complications. Here's a list of post-operative instructions to review after a ZOOM tooth whitening procedure:

Immediate Post-Whitening Care:

Avoid Staining Foods and Beverages: For the first 48 hours after the procedure, avoid the following foods and drinks that can stain teeth, anything that can stain a white shirt can stain your teeth:

- Drinks: Coffee, Tea, Red Wine, Cola
- Condiments: Ketchup, Mustard, Red Sauces, Soy Sauce, Steak Sauce
- Food: Berries, Red Meat (Steak or Hamburger)
- Toothpaste: Colored toothpaste (Would suggest using Sensodyne toothpaste)
- Mouth rinse: Colored Mouthwash, Fluoride treatment, Chlorohexidine

Smoking and Tobacco:

Refrain from smoking or using tobacco products for at least 48 hours after the procedure, as they can stain newly whitened teeth.

Minimize Contact:

Be cautious with your teeth immediately after the procedure. Avoid touching or rubbing them to prevent sensitivity.

Oral Hygiene:

Brush and Floss Gently: Continue your regular oral hygiene routine but be gentle when brushing and flossing. Use a soft-bristle toothbrush and a non-abrasive toothpaste. **PREVIDENT** toothpaste will help alleviate any sensitivity you develop. This is included in your whitening experience and will be available for purchase for future needs.

Use Fluoride Rinse:

If recommended by your dentist, use a fluoride rinse or gel as directed to help reduce sensitivity and strengthen your teeth.



Dietary Guidelines

Cold and Non-Acidic Foods:

In the first 48 hours after the procedure, opt for cold and non-acidic foods to minimize sensitivity. Avoid extremely hot or cold foods and beverages.

Hydration:

Drink water regularly to stay hydrated but avoid excessive consumption of acidic beverages like citrus juices and soda.

Sensitivity Management

Sensitivity is Normal:

*It's common to experience some tooth sensitivity after Zoom whitening. This usually subsides within a day or two. Some patients experience sensitivity such as "zingers" or thermal sensitivity 12 to 24 hours after Zoom! Whitening and during at home whitening. **Here are things you can do to help relieve this sensitivity:***

1. Place Relief ACP gel on the problem area in the take home trays and seat them over the teeth. You could do this before or after the bleaching session.
2. Take over the counter pain relievers such as Advil or Tylenol
3. Brushing your teeth with Sensodyne toothpaste.
4. Drink plenty of water

Follow-Up Care:

Maintain Regular Dental Visits: Continue with your regular dental checkup and cleaning appointments to monitor your oral health and maintain the whiteness of your teeth.

Long-Term Maintenance

Whitening Touch-Ups:

If you want to maintain your new bright smile, please continue to whiten at home using your refill syringes, **available in the office only.**

1 week after ZOOM whitening session in office, start the Whitening gels at home.

- Please make sure the custom tray is completely dry.
- Place a small amount of gel on each of the teeth in the custom tray. *Use caution not to overload the tray.*
- Insert the tray over the teeth and gently wipe away any excess gel. Do not leave any gel on the gums because this will cause irritation to your gums.



- Wear the bleaching trays with the gel for 2 hours.
- Use all the bleaching gel given. This could last from a few days to a week.
- If sensitivity is uncomfortable, stop and reduce time and/or frequency of treatment. If too uncomfortable, stop all together.

Things not to do when bleaching tray is in your mouth.

Do not rinse your mouth since this may dilute the bleaching agent.

Do not swallow the whitening gel.

Never drink, eat, or smoke while wearing your tray.

These post-operative instructions should help you achieve and maintain a bright smile while minimizing potential discomfort and complications. Please call or text us with any questions. We look forward to being a part of your whitening journey and the continued story you wish to tell with your smile!