



## Post-Whitening Care Instructions for in-office Zoom!™ Bleaching

Congratulations! You've just experienced a revolutionary tooth whitening procedure.

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. For the next 48 hours, dark staining substances should be avoided. If it stains your clothes, it will eventually stain your teeth! Beware of:

- Coffee and/or tea
- Cola
- Berry pie
- Tobacco products
- Red wine
- Red sauces
- Mustard or ketchup
- Soy sauce

Additional ways to maintain your sparkling Zoom!™ smile:

- Avoid staining related habits
- Use an electric toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning.

We will assist you in selecting the best products to maintain not only a white smile, but a healthy one as well!

At your Zoom!™ visit you will be given custom-made trays. These trays are used for two reasons:

1. Place the Satin Finish fluoride gel in the trays (to cover the teeth) if your teeth are sensitive for the first 24 hours. Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 36 hours after Zoom!™ whitening. Placing the Satin Finish in the trays and seating them over the teeth will help calm the teeth down during a sensitive episode. You are also welcome to take any type of over-the-counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.
2. You will also be asked to utilize (for a few applications over the next three to five days) a bleaching solution to be put in the trays and worn for a minimum of one hour. Your teeth are very porous for the first 48 hours after in-office bleaching and that is why we ask you to refrain from foods that easily stain. It is also ideal for us to “top off” your bleaching sessions with some take home products; which you were given today upon completion of your bleaching appointment.

In summary, avoid staining-type foods for the next 48 hours, if you have sensitivity in the first 24 hours; utilize the Satin Finish™ fluoride gel in the trays to cover your teeth and help protect them from sensitivity (remember it's okay to use over-the-counter pain relievers as you would normally for minor pain) and when your teeth are not too sensitive any longer try bleaching a few more times with the take home product during the first three to five days after your office visit to maximize your results and attain the whitest shade possible.

If you have ANY questions please do not hesitate to the office at 204-253-2691.