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### **Zoom! Post Whitening Instructions**

***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.

**Dark staining substances should be avoided for the next 48 hours such as:**

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

**In addition, please be aware of the following:**

**Tooth Sensitivity:** During the first 24 hours following whitening, many patients experience sensitivity. This sensitivity is usually mild unless your teeth are normally sensitive. With Zoom! In-Office Whitening, this sensitivity will usually subside with in 1-2 days. If your teeth are sensitive after whitening, a mild analgesic such as Tylenol or Advil will usually be effective to make you more comfortable until your teeth return to normal. If your teeth are normally sensitive, whitening may make your teeth much more sensitive for an extended period of time. Under these circumstances, you may choose to complete desensitization procedures prior to whitening.

**Gum Irritation:** Whitening may cause temporary inflammation of your gums. With Zoom! In-Office Whitening, this can be the result of a very small amount of gel leaking under the gum protection. A burning sensation in your gums may also occur. This is a minor problem and will subside within a few days.

**Effects on Fillings:** Zoom! In-Office Whitening will normally lighten teeth, but not fillings; therefore, you may need to have your fillings replaced, so that they will match your newly whitened teeth.

**Relapse:** Once whitening is complete, there may be a gradual relapse back toward the original color. To prevent this relapse, you may choose to wear your take home whitening trays periodically.

**Additional ways to maintain your sparkling Zoom! smile:**

- Avoid staining related habits.
- Use an automated toothbrush, such as a Sonicare.
- 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.

**Date to start bleaching with take home trays:**

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