



Post Operative Instructions: Zoom! Whitening

Congratulations on your whiter smile! The next 48 hours are important in maximizing your whitening results for a long lasting, bright and healthy smile.

Food and Drinks to Avoid

For the next **48 hours**, dark staining substance should be avoided, such as:

- Berries - Ketchup - Red Sauces - Tobacco Products - Coffee
- Mustard - Soy Sauce - Cola - Red Wine - Tea
- Any colored toothpastes, gels, or mouth rinses

If your daily homecare involves the use of PerioRx or any Chlorahexidine, please wait 48 hours before continuing the usage of these products.

Additional ways to maintain your sparkling Zoom! Smile

- Avoid staining related habits ex: smoking
- Continue good oral hygiene and stay current on your regular dental appointments.
- We recommend the use of a Philips Sonicare toothbrush, like DiamondClean, to help prolong the benefits of your whitening treatment.
- Practice good oral hygiene including thorough tooth brushing & flossing to remove debris from between the teeth and tongue cleaning.

Post-Operative Sensitivity

Sensitivity, such as sharp “zings” and/or minor throbbing and/or thermal sensitivity IS EXPECTED and considered normal 24 to 48 hours after Zoom! Whitening.

- Place the Relief ACP gel, found in your home-care kit, in the trays provided and wear them over your teeth to help mitigate the sensitivity
- Take over the counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.
- Brush with PreviDent or Clinpro 5000 or (non-whitening) Sensodyne.

Whitening touch-ups

- If your teeth are not too sensitive, try bleaching with the take home products during the first 3 to 5 days after your office visit to maximize your results and attain the whitest shade possible.
 - For take home gel, place a small dot of whitening on the inside of the bleaching tray provided for the front six teeth (canine to canine) and place in mouth for no more than 30 minutes. Remove immediately if sensitivity begins. Brush the gel off after use.
- Store any remaining whitening gel in a cool dry place for later use.

If you have any questions or concerns, please call or text us at (909) 962-8828. We hope you enjoy your brighter, whiter smile!