



POST-OP INSTRUCTIONS for IN-OFFICE WHITENING

Congratulations on completing the ZOOM whitening process! The next 24-48 hours are the most important for maintaining your new smile, as your teeth will be the most susceptible to absorbing new stains. For the best post-operative results, please follow the guidelines below:

Sensitivity

- It is normal to experience increased tooth sensitivity and occasional “zingers” 24-48 hours after ZOOM whitening treatment.
 - Please use Sensodyne toothpaste to help minimize this temporary discomfort.
 - Take over the counter pain relievers such as Advil or Tylenol as needed.

White Spots or Color Irregularities

- It is normal for color spotting to appear on the teeth after ZOOM whitening treatment due to temporary dehydration of the teeth. This will diminish within a few days of treatment.
 - Drink plenty of water over the next 48 hours to help rehydrate the teeth. Make sure it is a comfortable temperature since hot/cold sensitivity may be present following treatment.

Avoid Dark Staining Substances

- Your teeth will continue to whiten over the next 48 hours. It is important to avoid dark staining food, drink, and other products while the teeth are most susceptible to absorbing new stains.
- Please avoid the following examples:
 - DRINKS: coffee, tea, red wine, dark colored soda or juice
 - CONDIMENTS: ketchup, mustard, red sauces, soy sauce, steak sauce, salsa
 - FOOD: berries, red meat
 - ORAL PRODUCTS: Lip stick, colored toothpaste, colored mouthwash, fluoride treatment, Chlorohexidine rinse
 - TOBACCO PRODUCTS: Cigarettes, pipes, cigars, chewing tobacco, vaping pens

At-home Care to Maintain Your Smile

- Begin using your at-home whitening trays 3 days after ZOOM whitening treatment. Place the provided gel in your custom fit trays and wear them for a minimum of 30 minutes for 3-5 days.
 - You can use your trays to “touch up” your smile whenever you notice darkening of the teeth
- Use an electric toothbrush to better remove stains between dental visits
- Avoid staining related habits like dark colored food, drinks, and tobacco products

**IF YOU ARE CONCERNED, WE ARE CONCERNED
PLEASE CALL THE OFFICE WITH ANY QUESTIONS AT (972) 371-0616**