

Ann Wei DDS FACP
460 Bush Street Fl 2
San Francisco CA 94108
415-518-4992

Post-Whitening Care Instruction

Congratulations!

You've just experienced a revolutionary tooth whitening procedure. The next 72 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

Here are some reminders for you to take home with your bright smile:

- ❖ Your teeth may be more porous and prone to stain during the 72 hours after in-office bleaching. Dark staining substances should be avoided, such as: coffee and/or tea, cola, berry pie, tobacco products, red wine, red sauces, mustard, ketchup, soy sauce and tomato/carrot juice. Remember, if it stains your clothes, it will stain your teeth!
- ❖ Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after Zoom whitening. This is only temporary. Take any type of over-the-counter pain relievers such as Advil, Motrin or extra-strength Tylenol and take it easy after the procedure. Discomfort should dissipate the following day.
- ❖ It is a good idea to avoid extreme temperature during the 72 hours following the procedure. Teeth will be sensitive and more aware of cold and heat.
- ❖ Restorations, such as crowns, bridge and fillings cannot change color with whitening. Visible ones may become more obvious after natural teeth are whitened. These restorations can be replaced to match the new whiter color. Crowns can be replaced to match new shade. But be aware not to match to extremely bleached color or you will need to constantly whiten your teeth to maintain the color match. In general, we recommend waiting about 1-2 weeks after whitening to take the final shade match.
- ❖ If your sensitivity prolongs beyond 4 days after the procedure, please contact the office. We can apply remineralization gel to assist desensitization.

Additional ways to maintain your sparkling smile:

- ❖ Avoid staining related habits in general. Tobacco and heavy red wine drinking are the worst.
- ❖ 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.

Please note that the result of whitening always varies depending on many factors, such as your natural tooth texture, the amount of enamel remaining, and the nature of your teeth. How long it can be maintained also depends on your tooth texture, your diet and oral environment. If you follow the recommendation listed above, we believe that you should be able to maintain them white for a reasonable amount of time.

Please feel free to ask us any question. Enjoy your bright and white smile!