

Post-Whitening Care Instruction
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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:

- ❖ As you know, your teeth are very porous for the first 72 hours after in-office bleaching. It is why 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 for the rest of the day. Discomfort should dissipate the following day.
- ❖ Restorations, such as crowns, bridge and fillings cannot change color with bleaching. Visible ones may become more obvious after natural teeth are whitened. These restorations can be replaced to match the new whiter color.

You may be given custom-made trays at a later time if you would like to receive them. These trays are for:

- (1) Fluoride application: place the satin finish fluoride gel in the trays (to cover the teeth) if your teeth are sensitive for the first 24 hours.
- (2) Take-home bleaching touchup: Use additional bleaching solution in the trays and wear them for minimal 1 hour to overnight to “top off” your bleaching result!

Additional ways to maintain your sparkling smile:

- ❖ Avoid staining related habits
- ❖ Use an automated 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 feel free to ask us any question. Enjoy your bright and white smile!