

ZOOM! TEETH WHITENING – POST-OP INSTRUCTIONS

Dark staining substance should be avoided because this is when your teeth are most susceptible to absorbing stain. Anything that can stain a white shirt can stain your teeth.

Please avoid these items for the time you are bleaching & for one additional week.

- Drinks: Coffee, Tea, Red Wine, Cola
- Condiments: Ketchup, Mustard, Red Sauces, Soy Sauce, Steak Sauce
- Food: Berries, Red Meat (Steak or Hamburger)
- Toothpaste: Coloured toothpaste (Would suggest using Sensodyne toothpaste)
- Mouth rinse: Coloured Mouthwash, Fluoride treatment, Chlorohexidine

Post-operative sensitivity

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after Zoom! Whitening and during at home whitening.

Here are things you can do to help relieve this sensitivity:

- Place Relief ACP gel on the problem area in the take home trays and seat them over the teeth you could do this before or after the bleaching session.
- Take over the counter pain relievers such as Advil or Tylenol
- Brushing your teeth with Sensodyne toothpaste.
- Drink plenty of water