

Pine View Family Dental

Post-Whitening Care Instructions for in-office Zoom!™ Bleaching
Congratulations! You've just experienced a revolutionary tooth whitening procedure.

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. For the next 48 hours, dark staining substances should be avoided. If it stains your clothes, it will eventually stain your teeth! Beware of:

- Coffee and/or tea
- Dark Cola
- Berry pie
- Tobacco products
- Red wine
- Red sauces
- Mustard or ketchup
- Soy sauce

Additional ways to maintain your sparkling Zoom!™ smile:

- Avoid staining related habits (smoking, dark soda, coffee, etc) We understand habits, so if you do drink coffee, etc., brush afterward and/or rinse your mouth with water to prevent the stain from depositing.
- 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.

We will assist you in selecting the best products to maintain not only a white smile, but a healthy one as well!

After your Zoom!™ visit, use your custom-made trays. These trays are used for two reasons:

1. Place the Relief gel in the trays (to cover the teeth) if your teeth are sensitive for the first 24 hours. Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 36 hours after Zoom!™ whitening. Placing the Relief gel in the trays and seating them over the teeth will help calm the teeth down during a sensitive episode. You are also welcome to take any type of over-the-counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.
2. To whiten at-home with a bleaching agent that can be purchase for touch-ups through our office.

In summary, **avoid staining-type foods/drinks for the next 48 hours.** If you have sensitivity in the first 24 hours; utilize the Relief gel in the trays to cover your teeth and help protect them from sensitivity (remember it's okay to use over-the-counter pain relievers as you would normally for minor pain) and when your teeth are not too sensitive any longer try bleaching a few more times with the take home product during the first three to five days after your office visit to maximize your results and attain the whitest shade possible.

If you have ANY questions please do not hesitate to the office at 928-445-9233