

## ZOOM in Office Whitening Post-Operative Instructions

Congratulations! You have just experienced a revolutionary teeth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

### **Post-operative sensitivity**

Some patients experience sensitivity such as “zingers” 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 gel on the problem area in the take home trays and set 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 every 4 hours as needed for pain.
- Brushing your teeth with Sensodyne toothpaste.
- Drink plenty of water

**Color Spotting on the teeth may occur after Zoom In-Office Whitening due to temporary dehydration of the teeth. This should diminish within a few days after treatment.**

The whitening process will continue for 48 hours after treatment, avoid foods or drinks that stain like:

Red wine, dark cola's, coffee, tea  
Grapes or any fruit with color  
Mustard or Ketchup  
Red sauces  
Soy sauce or steak sauce  
No smoking and No lipstick  
Red meat (steak or hamburger)

### **3 Days after ZOOM whitening session in office, start the Whitening gels at home**

- Please make sure the custom tray is completely dry. Place a small amount of gel on each of the teeth in the custom tray. Use caution not to overload the tray. Insert the tray over the teeth and gently wipe away any excess gel. Do not leave any gel on the gums because this will cause irritation to your gums.
- Wear the bleaching trays with the gel for 30 Mins

- If sensitivity is uncomfortable, stop and reduce time and/or frequency of treatment. If too uncomfortable, stop all together.

Please contact the office with any questions or concerns at 734-752-6661.