

Post Whitening Care

In Office Zoom Bleaching Follow up Information

- The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. Be sure to avoid staining related habits, practice regular professional dental hygiene care to maintain oral health and practice good personal hygiene including tooth brushing, flossing and tongue cleaning. We'll assist you in selecting the best products to maintain your new white and healthy smile!

- Custom trays will be given to you today - follow these instructions for post-whitening care:

1 - If your teeth are sensitive during the first 24 hours, place the soother gel in the trays to cover the teeth. Some patients experience "zingers" up to 24 hours after Zoom whitening - the soother gel helps calm sensitive zinging episodes. You may also use take home trays to cover teeth without whitening solution or soother gel to calm sensitivity. The tubules of your teeth are open and may be more sensitive.

2 - It is important to take Tylenol, ibuprofen, or Advil as needed to help with any "zingers" you may feel. Prescription medication may be needed if symptoms persist - if so, give us a call.

- Do not become discouraged as results may vary from patient to patient. Follow our home care instructions for best results!



Jeffrey A Stewart D.D.S.
FAMILY DENTISTRY • IV SEDATION
IMPLANTS • COSMETIC DENTISTRY

DO NOT EAT:

- Red wine, dark sodas, coffee & tea.
- Grapes or colored fruits.
- Mustard, ketchup or colored sauces.
- Red meats like steak or hamburger.
- Do not smoke or use lipstick.

DO EAT:

- Milk, water & clear soda.
- Bananas & apples (no peel).
- White bread or flour tortillas.
- Plain yogurts, white cheese & sour cream, cottage cheese, white rice, baked potatoes and plain pastas with white sauce.
- Turkey or skinless breast.