Zooming (Whitening)

Home Care Instructions

Congratulations!! You have 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.

What To Expect After Zooming:

Your teeth may be quite sensitive, especially to cold, for the first 24 hours. Over the counter Ibuprophen or Tylenol taken as directed should reduce the sensitivity.

Tooth whitening is not an exact science and results will vary from person to person. However, the color of your teeth should continue to lighten over the next few days. Additional lighten may be achieved with the bleaching touch-up trays and material that we have supplied to you.

# For the next 48 hours, dark staining substances should be avoided:

-Coffee and/or tea - Red Wine

-Soy Sauce - Tobacco products

-Berry Pie - Mustard or ketchup

-Red Sauces - Cola

What You MAY Eat For The Next 24 Hours:

THINK CLEAR FOODS AND DRINKS: Sprite, Ginger Ale, Water, Fish, Buttered pasta, grilled chicken, just as a few suggestions.

# Additional ways to maintain your sparkling ZOOM! Smile:

-Avoid staining related habits such as smoking/coffee/tea

-Use an electric toothbrush (we recommend Sonicare Stain Removal)

-Seek regular profession 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

# If you have any further questions, call our office at (443)-244-9222.