

## **The Smile Shop LLC**

### **Post-op Instructions for Zoom Whitening Appointments**

Congratulations! You have just experienced a revolutionary tooth whitening procedure. Be ready for people to notice your new smile! It is essential for you to follow our advice for the best results and to minimize any potential discomfort or complications. Here's a list of post-operative instructions to review after your Zoom whitening procedure:

#### **Immediate Post-Whitening Care:**

Avoid staining foods and beverages: For the first 48 hours after the procedure, avoid the following foods and drinks that can stain your teeth, anything that can stain a white shirt can stain your teeth:

- Drinks: Coffee, Tea, Red Wine, Cola
- Food: Berries, Red Meat (Steak or Hamburger)
- Toothpaste: Colored toothpastes (We recommend Sensodyne for the next few weeks)
- Mouth rinse: Colored rinses, Chlorhexidine

#### **Smoking and Tobacco:**

Refrain from smoking or using tobacco products for at least 48 hours after the procedure, as they can stain newly whitened teeth.

#### **Minimize Contact:**

Be cautious with your teeth immediately after the procedure. Avoid touching or rubbing them to prevent sensitivity.

#### **Oral Hygiene:**

Brush and floss gently. Continue your routine oral hygiene routine but be gently when brushing and flossing. We recommended to use any ultrasoft toothbrush and a non-abrasive toothpaste. Clinpro 5000+ toothpaste will help alleviate sensitivities and help prevent cavities. All of these products can be purchased directly from The Smile Shop after your procedure.

#### **Cold and Non-Acidic Foods:**

In the first 48 hours after your procedure, opt for cold and non-acidic foods to minimize sensitivity. Avoid extremely hot or cold foods and beverages.

## Hydration:

Drink water regularly to stay hydrated but avoid excessive consumption of acidic beverages like citrus juices and soda.

## Sensitivity Management

### Sensitivity is Normal:

*It's common to experience some tooth sensitivity after Zoom whitening. This usually subsides within a day or two. Some patients experience sensitivity such as "zingers" or thermal sensitivity 12 to 24 hours after Zoom whitening and during home whitening. **Here are some things you can do to help relieve this sensitivity:***

1. Place Relief ACP gel on the problem area either with your finger or take-home trays if your purchased premium whitening services.
2. Take over the counter pain relievers such as Advil or Tylenol
3. Brushing your teeth with Sensodyne or Clinpro
4. Drink plenty of water

### Follow-Up Care:

It is important that you maintain routine dental visits with your dentist. If you need a referral to a dentist in your area, just let us know. We know a ton of them! 😊

## Long-Term Maintenance

### Whitening Touch-Up:

Your new bright smile should last 6 to 12 months with proper maintenance. To keep your newly acquired smile bright, you should expect to do the following:

One week after your Zoom In-office whitening procedure, you will start the home maintenance. You will receive a take-home syringe of Philips Zoom Whitening gel. This is available to our premium whitening members **OR** can be purchased separately if you already have trays. You can always pop in for refill syringes as needed.

- Please make sure the custom tray is completely dry
- Place a small amount of gel on each of the teeth in the custom tray (outside). *Use caution to not 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.
- Wear the bleaching trays with the gel for up to two hours

- Use all the bleaching gel given. This could last from a few days, to weeks, or even months, depending on how much touching up your teeth require
- If sensitivity is uncomfortable, stop and reduce time and/or frequency of treatment. If too uncomfortable, stop all together

**Things not to do when bleaching tray is in your mouth**

- Do not rinse your mouth since this may dilute the bleaching agent
- Do not swallow the whitening gel
- Never eat, drink or smoke while wearing your tray

**These post-operative instructions should help you achieve and maintain a bright smile while minimizing potential discomfort and complications. Please call or email our team with any questions or concerns. Thank you for trusting us with your smile! We look forward to seeing you again.**