

CAMERON DENTAL STUDIO

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Post-Whitening Care Instructions for in-office Zoom!™ Teeth Whitening

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
- 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
- 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.
- To maintain the results, you should consider custom made whitening trays for at home whitening. Please ask our office for further information.
- 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!

In summary, avoid staining-type foods for the next 48 hours.

Some patients may experience sensitivity such as “zingers” or thermal sensitivity for 12 to 36 hours after Zoom!™ whitening. If necessary, you may have to take over-the counter pain relievers such as Advil, Motrin or Extra-strength Tylenol. If the sensitivity persists, you may require fluoride gel application to reduce and eliminate it, please contact our office.

If you have ANY questions please do not hesitate to call our office at 239.307.5445