



Post Procedure Instructions

ZOOM Teeth Whitening

During Zoom! treatment, a powerful bleaching product is applied to the teeth and exposed to a special activation light. As the light activates the bleaching gel, it penetrates tooth enamel to break up and remove surface stains. The teeth will remain porous for several days after teeth whitening treatment. During this time, the teeth are highly susceptible to new stains. To maintain the bright, white tooth color that has been achieved through treatment, patients should avoid the following for at least 48 hours:

- Wine
- Coffee
- Tea
- Colas
- Berries
- Tobacco products

Good oral hygiene practices are especially important when it comes to maintaining the results of Zoom! treatment. Patients should continue to brush at least twice a day and drink plenty of water to avoid a buildup of bacteria and food particles around the teeth. It is also important to floss each night, as this will allow patients to reach spaces between the teeth that a toothbrush may not be able to.

Increased tooth sensitivity is a common side effect after Zoom! treatment. Because the teeth are more porous after whitening treatments, they may respond more to extreme temperatures. Sensitivity usually only lasts a few days. If sensitivity is especially uncomfortable, patients should consider the use of a toothpaste and/or mouthwash designed for sensitive teeth. Over-the-counter pain medication can also be used to ensure comfort until the heightened sensitivity subsides.