

norman family dentistry



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Post-Op Instructions for Zoom Whitening

Congratulations! You have just experienced a revolutionary teeth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and health smiles.

For the next 48 hours, dark staining substance should be avoided, such as:

Berries, Ketchup, Red Sauces, Tobacco Products, Coffee, Mustard, Soy Sauce, Cola, Red Wine, Tea. Do not use any colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatment. If your daily homecare involves the use of PerioRx or any Chlorahexidine, please wait 48 hours before continuing the usage of this product.

Additional ways to maintain your sparkling Zoom! Smile:

- Avoid staining related habits
- Continue good oral hygiene and stay current on your regular dental appointments.
- We recommend the use of a Philips Sonicare toothbrush to help prolong the benefits of your whitening treatment.
- Practice good oral hygiene including thorough tooth brushing, flossing and tongue cleaning.

Post-operative sensitivity

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after Zoom! whitening. Place the Relief ACP gel on the problem area. Once you receive your customize take home trays, you can place the gel in trays and seating them over the teeth. This will help calm the teeth down during sensitive episode. You are also welcome to take any type of over the counter pain relievers such as Advil, Motrin or Extra-strength Tylenol. Brushing your teeth with Sensodyne or Fluoridex Daily Defense Sensitivity Relief toothpaste helps as well.

Whitening touch-ups

If your teeth are not too sensitive, try bleaching a few more times with the take home products during the first three to five days after your office visit to maximize your results and attain the whitest shade possible. Store any remaining whitening gel in a cool dry place for later use. There's no need to refrigerate.