



ZOOM POST OP INSTRUCTIONS

Congratulations! You've just experienced a revolutionary tooth whitening procedure. Your teeth are going to continue to whiten for the next 48 hours.

Everyone's teeth have a protective layer called the acquired pellicle. This layer contains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes 12 to 24 hours for the barrier to fully develop again. However, in order to maximize the whitening, we ask that for the next 24 hours, you DO NOT consume dark or yellow staining substances such as:

- All Tobacco Products, Red Wine / White Wine, Berries, Colored Lipstick, Soft Drinks / Potato Chips, Red Sauces, Coffee, Tea, Mustard, Ketchup, Soy Sauce

Acceptable Foods: White Chicken, Honey, Sprite, Apples, Alfredo Sauce, Water, Milk, Creamy White Salad Dressing, White Bread and White Cheese

Additional ways to maintain your bright healthy smile longer is to avoid staining related habits, use an electric toothbrush, floss and have regular professional dental cleanings (at least twice a year) or as recommended by your hygienist and dentist.

TAKE HOME WHITENING KIT INSTRUCTIONS

You will be given a take home tray and bleach solution to use after the in-office Zoom treatment. This treatment is a home bleaching system which you administer on your own.

1. Brush and floss your teeth.
2. In a counter clockwise motion, twist off the clear plastic cap from syringe.
3. Place a small amount of gel in each tooth compartment of the tray.
4. Begin bleaching 24 hours after Zoom procedure. You can wear the bleach trays for 30-45 minutes depending on your sensitivity.
5. Rinse the trays out and let it dry overnight; brush your teeth
6. Keep trays away from heat or animals
7. Repeat for 3 consecutive days. If sensitivity occurs use the bleach trays following above directions for 3 nights but use it every other night instead.

If you experience post procedural sensitivity, you may chew sugarless gum to reduce the peroxide levels, take Advil or Tylenol or what you normally take for headaches, and brush with Sensodyne toothpaste.

If you have any questions or concerns, please do not hesitate to call our office at (403) 685-4792