

Instructions For After In-Office Zoom! Teeth Whitening

Teeth whitening involves using bleaching agents that break stains down into smaller particles. This makes the color appear less concentrated, leading to brighter, whiter teeth.

- Dark staining substances should be avoided for several hours, because this is when your teeth are most susceptible to absorbing stain. Avoid: coffee, tea, red wine, cola, ketchup, mustard, red sauces, soy sauce, berries, red meat, etc.
- Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after whitening. Over the counter pain relievers such as Advil or Tylenol may help as well as brushing your teeth with Sensodyne toothpaste.
- To maintain your shade for as long as possible, use a whitening toothpaste and have regular professional cleanings (every 6 months). You may also use your take-home whitening trays and bleach provided at your appointment once a month or when you think it's necessary. Please follow the instructions that accompany the take-home trays and bleach.

If you have any concerns, please call us at 281-293-9140