

In-Office Whitening Post-Op Instructions

Congratulations on completing the In-Office Whitening Process! Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile and treat any sensitivity:

TO MAINTAIN YOUR BRIGHTEST SMILE

The teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during Zoom whitening treatments. It takes 48-72 hours for the barrier to fully develop again. During this time please staining items such as:

- Red wine
- ketchup, salsa, and other red sauces
- coffee, tea, dark pop
- tobacco products

****Anything that can stain a white shirt will stain your teeth during the 48-72 hour post operative period**** Minimizing these items will prolong your results.

TO TREAT SENSITIVITY

You may experience some tooth sensitivity during the post-operative period. To prevent this, or if the sensitivity is severe, take 600mg of Ibuprofen (3 tabs of regular Advil or Motrin) plus 500mg Acetaminophen (Tylenol) every 4 hours as needed for pain. We may provide you with *Relief ACP Oral Care Gel* that can be applied directly to your teeth or in your custom trays as needed. Brushing your teeth with sensitivity toothpaste, such as Sensodyne, for the weeks following the procedure is strongly recommended.

TAKE HOME BLEACHING

3 days after your whitening session in office you may start using home-bleaching gels in your trays at home to further enhance your results. Or simply save the gel to use in the future for touch ups as needed.

Please contact the office with any questions or concerns! 519-672-1360