



## Pre-op and Post-op Zoom™ Whitening 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 twelve to twenty four 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





**CALL OUR OFFICE (905) 646-0104 WITH ANY QUESTIONS**

**Key Points:**

Use Sensodyne or other desensitising toothpaste for 3 weeks before any whitening procedure. NEVER use whitening toothpastes, they are too abrasive and may cause enamel loss.

Over the counter 600 mg of Ibuprofen the night before, followed by another 600 mg Ibuprofen an hour before your whitening appointment will reduce your sensitivity

**Additional Information:**

Sensitivity is expected following a whitening procedure. For minimal discomfort take 600 mg of Ibuprofen. If the sensitivity becomes moderate – severe or lasts more than 24 hours, please contact the office.

Additional ways to maintain your sparkling bright smile:

- › Use an automated toothbrush (Sonicare, Braun Oral-B Triumph) – they

are superior to removing surface staining compared to a manual toothbrush.

- › Drink dark liquids through a straw (tea, coffee, cola) and minimize exposure time to 40 minutes or less. Rinse with water after meals or chew sugar-free gum for 5 minutes to help remove any loose stained particles off of your teeth.
- › Seek regular professional dental hygiene care to maintain oral health.



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