

Zoom Whitening Post Op Instructions

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.Post-Op Instructions ZOOM in Office Whitening

- Color Spotting on the teeth may occur after Zoom In-Office Whitening due to temporary dehydration of the teeth. This should diminish within a few days after treatment.
- The whitening process will continue for 48 hours after treatment, so avoid foods or drinks that stain, i.e. brown or red drinks/foods.
- Sensitivity is normal after Zoom treatment. Use the Relief Gel (in your take-home bag) to help reduce symptoms of sensitivity. Place a small amount in each tooth of your whitening trays and wear the tray for 30-60 mins. You can also use Ibuprofen/Tylenol as needed.
- If you have any questions or concerns, please contact our office at 516-616-4800

Things to avoid after Zoom treatment

- Red wine, dark cola's, coffee, tea
- Grapes or any fruit with color
- Mustard or Ketchup
- Red sauces
- Soy sauce or steak sauce
- No smoking and No lipstick
- Red meat (steak or hamburger)