



## Post Whitening Care

### **ZOOM professional teeth whitening**

Now you have experienced the Zoom whitening procedure, it's all about the aftercare to ensure that your whitening results are as long lasting as possible.

For the next 48 hours you should avoid any foods that may cause dark staining on the teeth. Your teeth are very porous for the first 48 hours after the zoom procedure, so substances such as; coffee, tea, red wine, tobacco products, cola etc. should be avoided.

Other ways to enhance your new smile are;

- Practising good oral health care – brushing twice a day, which will help keep staining to a minimum. Your therapist can assist you in selecting the right products to maintain a healthy smile.
- Seek regular, professional dental care.
- Avoid staining substances.

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### **Custom made trays:**

You have received some custom made trays, please read the instructions below for details on how to use the trays;

1. If your teeth are sensitive, you could place the relief gel in the trays to relieve any sensitivity that may occur after your zoom procedure. This sensitivity should go with time.
2. The trays have been made to “top up” your whitening, as and when you feel necessary. To do this, place the whitening solution into each well of the tray. Please ensure that you do not put too much solution in the tray, as it may leak over the sides and onto the gums, which could cause some discomfort. You should leave your trays on for a minimum of 1 hour. Only complete the “top-up” at home if you are not suffering from too much sensitivity.



If you have any queries or require any further information, please call the practice on 01254 51579