

## **Zoom**

### **Post Op Whitening Care Instructions**

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important to enhance and maximize your whitening results for a long lasting, bright, and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

- Coffee and tea
- Tobacco products
- Mustard and ketchup
- Cola
- Red Wine
- Soy sauce
- Berry pie
- Red sauces

For any discomfort you may need the following:  
2-4 Advil (up to 800mg) every 4 to 6 hours as needed for pain

Additional ways to maintain your sparkling "Bright New Smile."

Avoid staining related habits.

Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum, and determine the need for whitening touch-ups.

In addition, continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your Dental Professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!