



NEW DIMENSION DENTISTRY
DORIS GIRALDO, DDS

Post-Whitening Care Instructions for in-office Zoom Whitening

Congratulations! You've just experienced a revolutionary tooth whitening procedure.

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. For the next 48 hours, dark staining substances should be avoided. If it stains your clothes, it will eventually stain your teeth! Beware of:

- Coffee and/or tea
- Tobacco products
- Red wine
- Cola
- Red sauces
- Soy sauce
- Berry pie
- Mustard or ketchup

At your Zoom!™ visit you will be given custom-made trays. These trays are used for two reasons:

1. Place the Relief gel in the trays (to cover the teeth) if your teeth are sensitive for the first 24 hours. Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 36 hours after Zoom whitening. Placing the Relief in the trays and seating them over the teeth will help calm the teeth down during a sensitive episode. You are also welcome to take any type of over-the counter pain relievers such as Advil, Motrin or Extra-strength Tylenol.
2. You will also be asked to utilize (for a few applications over the next three days) a bleaching solution to be put in the trays and worn for a minimum of one hour. Your teeth are very porous for the first 48 hours after in-office bleaching and that is why we ask you to refrain from foods that easily stain.

If you have ANY questions please do not hesitate to the office at 212-750-4590