

Metro Dentalcare

Zoom

1. For the next 48 hours, dark staining substances should be avoided, such as; coffee, tea, cola, berries, tobacco products, red wine, red sauces, mustard, ketchup, soy sauce and colored juices.
2. In general, avoiding stain-related habits will help keep your teeth whiter.
3. Clinpro 5000 prescription toothpaste should be used to prevent sensitivity.
4. If any sensitivity develops, it will usually subside within 24 hours. If necessary, you may take 600 mg ibuprofen every 6-8 hours. Sensitivity may be intense for the first 24 hours.

Tooth whitening is a long term process, not a one-time procedure. To enjoy a whiter smile, maintenance is required. To help maintain a whiter smile you should brush at least two times a day and don't smoke. Dark substances can stain your teeth; some people are more susceptible to this and may want to avoid or minimize contact with coffee, tea, cola, red wine, and red sauces in general.

Your teeth will naturally discolor over time, and may require touch ups. This is why we include whitening trays with the Zoom procedure, along with material for at-home whitening. The touch up material can be used as early as 2 days following the Zoom procedure if a whiter color is desired.

Directions for touch-up: Brush teeth. Place a small drop of material in each tooth of the whitening tray using only the front 10-12 teeth are needed (visible when smiling). Insert tray. Wear for 30-60 minutes (DO NOT WEAR LONGER THAN 60 MIN.)

Touch ups may be done per you and your dentist's discretion. Some patients touch up for a couple of days once every 6 months after their cleaning appointments, whereas some patients can go longer between touching up.