



AFTERCARE INSTRUCTIONS FOR ZOOM WHITENING

For the next week post treatment, we recommend avoiding dark staining substances, such as:

- Drinks: Coffee, Tea, Red Wine, Cola
- Condiments: Ketchup, Mustard, Red Sauces, Soy Sauce, Steak Sauce
- Food: Berries, Red Meat (Steak or Hamburger)
- Toothpaste: Colored toothpaste (Would suggest using white toothpaste)
- Mouth rinse: Colored Mouthwash, Fluoride treatment, Chlorhexidine

Potential complications of this treatment include, but are not limited to: Tooth Sensitivity/Pain – During the first 12-24 hours after Zoom treatment, some patients can experience some tooth sensitivity or pain. This is normal and is usually mild, but it can be worse in susceptible individuals. Normally, tooth sensitivity or pain following a Zoom treatment subsides within 24 hours, but in rare cases can persist for longer periods of time in susceptible individuals. People with existing sensitivity, recession exposed root surfaces, untreated cavities, cracked teeth, abfractions, oral tissue injury, open cavities, leaking fillings, or other dental conditions that cause sensitivity or allow higher penetration of the gel into the tooth may find that those condition increase or prolong tooth sensitivity or pain after Zoom treatment.

Dry/Chapped Lips The Zoom treatment involves 15-minute sessions during which the mouth is kept open continuously for the entire treatment by a plastic retractor which covers the lips. This could result in dryness or chapping of the lips or cheek margins, which can be treated by application of lip balm, petroleum jelly or Vitamin E oil.

Cavities or Leaking Fillings – Most dental whitening is indicated for the outside of the teeth, except for patients who have already undergone a root canal procedure. If there are any open cavities or fillings that are leaking and allowing gel to penetrate the tooth are present, significant pain could result.

Relapse – After the Zoom treatment, it is natural for the teeth that underwent the Zoom treatment to regress somewhat in their shading after treatment. This is natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents. The results of the Zoom treatment are not intended to be permanent and secondary treatments may be needed for me to maintain the tooth shade I desire for my teeth.

Please don't hesitate to reach out to us at (727) 319-6884 if you have any questions or concerns.