

ZOOM IN-OFFICE WHITENING

— PRE-PROCEDURE AND POST-PROCEDURE —

Pre-Procedure



Use a desensitizing toothpaste (i.e., Sensodyne) **for two weeks** leading up to the appointment to minimize discomfort during and after the whitening procedure.



For best results, it is recommended that you get a cleaning as close to your whitening appointment date as possible.



Taking Ibuprofen 30 minutes to 1 hour before your in-office whitening procedure can help minimize sensitivity. This will ensure that you remain as comfortable as possible during the process.

Post-Procedure



Teeth sensitivity after a whitening procedure is quite common. If you experience significant discomfort, taking some Ibuprofen after your appointment can help. Rest assured, this sensitivity is only temporary.



Follow a white T-shirt diet for 24-48 hours after your whitening procedure. Teeth are porous after the procedure, and consuming staining foods will alter your results.



Refrain from smoking or using tobacco products for at least 24-48 hours following your procedure.



Maintain excellent oral health for a radiant smile. To keep your smile shining bright, remember to brush your teeth twice a day and floss each night.