



Toorak Village DENTAL CARE

SOLUTIONS THAT FIT

ZOOM! In Office Post Whitening Care Instructions

CONGRATULATIONS! You have just experienced a revolutionary teeth 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, such as the ones listed below should be avoided:

☒ Smoking	☒ Red wine
☒ Berries	☒ Coloured soft drinks
☒ Coffee	☒ Tea
☒ Red sauce	☒ Soy sauce
☒ Coloured vegetables, such as beetroot, carrots etc	☒ Mustard

Remember that you must not use any coloured toothpastes or gels for the first 48 hours. In addition, do not use any coloured mouthwash or home fluoride treatments. If your daily homecare involves the use Chlorhexidine products, please wait 48 hours before continuing the usage of this product.

Sensitivity Protocol Post Whitening

As with all bleaching procedures, transient tooth sensitivity is a possibility with Zoom! Teeth Whitening. Sensitivity can last up to 24 hours after treatment.

- Use Relief Gel when teeth start to feel sensitive. Ideally if you have bleach trays, place the Relief Gel into the trays and leave in for a minimum of 30 minutes. The longer you wear this gel the better it works. Alternatively, apply the gel to your teeth with either a dry toothbrush or your finger as often as required.
- If post operative sensitivity persists, take Nurofen Plus, Nurofen or Paracetamol.
- Remember no damage is being done to the teeth and sensitivity should only last between 4-24 hours. Any additional concerns or advice, please call our office directly.

Maintaining Your White Smile

Additional ways you can help maintain your sparkling Zoom! White Smile is to use our maintenance whitening products every 3-6 months and have regular professional hygiene visits twice a year to keep your smile its whitest!

Congratulations on your Zoom! Whitening Experience. Enjoy Your Dazzling White Smile!

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