

Post-Whitening Care Instructions

for in-office Zoom!™ Whitening

Congratulations! Your teeth are going to continue to whiten for the next 48 hours.

The enamel of the teeth becomes increasingly dehydrated after the professional whitening treatment and they act as a sponge and absorb anything you put in your mouth, that is why we ask you to refrain from the following for 48hrs after your whitening appointment:

- Avoid the following:
- Tobacco products
- Coffee and/or tea
- Lipstick
- Red meat (steak / hamburger)
- Cola or Coloured soft drink
- Berries
- Curry
- Beetroot
- Red wine
- Red or Brown sauces
- Mustard
- Tomato Sauce
- Grapes or any fruit with colour
- Soy sauce

I.e. Avoid anything that would stain a white shirt



Tooth whitening is a long term process, not a one-time procedure or a quick fix. To enjoy a whiter smile, maintenance is required in order to keep the teeth white. To help maintain a your white smile:

- Avoid staining related habits/foods/drinks
- Brush twice daily and floss once daily
- Use of an electric toothbrush
- Attending regular professional dental check ups and cleans to maintain oral health, minimising staining and utilising whitening touch-ups when required.
- Applying the Zoom!™ Home Whitening gel in your custom made trays to continue the whitening process or to freshen up your brightness every 3-6 months to achieve ongoing results. Additional syringes of ZOOM Home Whitening Gel are available for purchase from the Skye Dental reception.
- If you feel Professional Take Home Whitening is not convenient, ZOOM Whitening Touch-Up appointments can be completed at Skye Dental at 6 month intervals as required.

Fade-back:

Please Note: 3 – 4 days following the ZOOM procedure, you may experience “fade back” – where your teeth may fade back 1–2 shades as they rehydrate.

Sensitivity:

- Some patients experience sensitivity such as “zingers” or thermal sensitivity 12-48 hours after Zoom! whitening.

- You have been provided with a syringe of Relief ACP desensitising and strengthening gel which will help the teeth during a sensitive episode. See Instructions below.
- You are also advised to take any type of over-the-counter Ibuprofen pain relievers, such as Nurofen or Advil if needed. Do not exceed 1200mg within a 24 hour period. The smallest effective dose should be used; consult a GP for full prescribing information, warnings and conditions.
- Sensitive toothpaste such as Sensodyne Total Care or Colgate Sensitive Multi-Protection can be used for the next few weeks to help reduce the sensitivity.

Relief ACP
<ul style="list-style-type: none">• Brush teeth and rinse first• Place small amount of gel into each tooth compartment of the provided professional trays.• Normal wear time 10-30mins. If no trays are available, apply the gel with a finger to the sensitive teeth and avoid eating, drinking or rinsing for the following 30 minutes

Take Home Professional Whitening

How long:

- Optimal results are usually achieved within 2 weeks. For longer use, please consult with your dental professional.
- The ZOOM kit that are provided contains 3 syringes whitening gel.
- Each syringe contains enough gel for 3 separate whitening sessions.
- 1 session = gel for both upper and lower trays; worn for the designated duration.
- How long you wear your trays depends on the percentage of Hydrogen Peroxide (HP)

or Carbamide Peroxide in the gel, as displayed on the outside of the ZOOM DayWhite box.

- 9.5% HP 30mins per session, twice per day
- 14% HP 15mins per session, twice per day
- Nite White 22% Carbamide Peroxide to be used overnight, or for a minimum of 4 hours

Take Home Professional Whitening How to Use:

1. Brush and floss teeth then rinse with water only
2. Twist off the plastic cap from the syringe and replace with a mixing nozzle
3. Place a very small drop of gel in each tooth compartment of tray

Overloading trays with gel may cause temporary gum irritation

4. Place tray with gel loaded, in mouth. 'Bubbling' within tray is normal
5. Remove excess gel with your finger or cloth
6. Wear trays for instructed duration
7. After use remove mixing nozzle from syringe and replace with cap for storage to ensure ingredients in each side of barrel stay separate
8. When finished, rinse trays with cold tap water. If necessary, use a toothbrush to remove residual gel. Place trays in storage case in cool dry place

9. Rinse mouth with water, brush teeth and floss to remove excess gel.

Notes: Do not eat, drink or smoke while wearing trays. The area of tooth closest to the gums may take longer to lighten than the biting edge.

Lip/gum/cheek inflammation/burn

Sometimes, despite following ZOOM whitening protective protocols, areas of soft tissue may be exposed to direct contact with the whitening gel, resulting in a chemical burn. During the procedure the clinician will have removed the excess gel and placed Vitamin E Oil to help soothe the affected area.

After the procedure, the inflammation or burn is usually temporary and subsided in a few days, but may persist longer and result in significant pain or discomfort depending on the degree to which the soft tissues were exposed to the gel. This is why it is important to adhere by the clinician's instructions carefully on the day.

To care for any area that is causing irritation, you will be provided with Vitamin E Oil to apply at home, after your appointment if needed. Apply Vitamin E Oil or gel several times a day. If the area is painful, consider taking ibuprofen tablets (if indicated as safe for your personal use by your medical GP and at the correct dosage).

If the burn doesn't show improvement within a few days, or if you have any concerns, please contact the clinic for assessment.

If you have any questions or concerns please do not hesitate to contact us at Skye Dental.