



General Dentistry  
Orthodontics  
TMJ Treatment  
Headaches/Facial Pain  
Snoring/Sleep Apnea

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World Dental Congress

## *Post Operative Instructions* **Zoom In-Office Bleaching**

It is common for teeth to be sensitive for a few days following Zoom in-office bleaching. Patients may describe the sensation as a momentary tingling or stinging sensation. Any symptoms should resolve within 2 to 4 days.

A desensitizing paste such as Sensodyne can help to decrease symptoms. If symptoms persist or worsen, please contact The Dental Office.

- Fill your custom trays with Relief ACP to decrease sensitivity. This can be worn for 30 to 60 minutes.
- Vitamin E (provided) may be brushed onto the gums or tooth surface that is sensitive.
- If necessary, 200 mg ibuprophen (Advil) or 500 mg acetaminophen (Tylenol) can be taken.

The next 48 hours are important in enhancing and optimizing your results. Dark staining substances should be avoided. Examples are coffee, tea, tobacco, ketchup, curry, cola and red wine, berries and sauces.

Starting tomorrow, use you custom trays and the provided NiteWhite ACP gel to “lock in” your new whiter smile.

- Brush and floss your teeth.
- Fill each tooth compartment with a tear-drop sized amount of gel.
- Remove excess gel from the gums with your finger or gauze.
- Whiten for 2 to 4 hours ONE time EACH day until the syringe is empty.
- Do not eat, smoke or drink while wearing the tray.

After whitening, remove and rinse the trays with cool water. A Q-tip can be used to remove residual gel and dry the trays. Place the trays upside down in the storage case and store in a cool, dry place.

**All bleaching requires maintenance; for best results bleach every 6 months. If you smoke or consume dark foods/beverages regularly, you may need to touch up every 6 to 8 weeks.**