



Making your perfect smile last (Boost and Zoom Whitening)

Now that you have your perfect, pearly-white smile thanks to teeth whitening, you are, no doubt, inclined to smile a lot to show off the result of your latest endeavour. But in as much as it makes you happy that your teeth whitening project has finally given you the sparkling smile that you want, you should take care of it. Tooth whitening should be seen as an investment, and it is an investment that you should look after to make it last for the years to come..

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and health smiles. Food and Drinks to avoid For the next 48 hours, dark staining substance should be avoided, such as: Berries Ketchup Red Sauces Tobacco Products Coffee Mustard Soy Sauce Cola Red Wine Tea Do not use any colored toothpastes or gels for the first 48 hours. In addition, do not use any colored mouthwash or home fluoride treatment. If your daily homecare involves the use of PerioRx or any Chlorahexidine, please wait 48 hours before continuing the usage of this product.

Post-operative sensitivity

Some patients experience sensitivity such as “zingers” or thermal sensitivity 12 to 24 hours after Zoom! whitening. Place the Relief ACP gel on the problem area. Once you receive your customize take home trays, you can place the gel in trays and seating them over the teeth. This will help calm the teeth down during sensitive episode. You are also welcome to take any type of over the counter pain relievers such as Advil, Motrin or Extra-strength Tylenol. Brushing your teeth with Sensodyne or Fluoridex Daily Defense Sensitivity Relief toothpaste helps as well.

Whitening touch-ups

If your teeth are not too sensitive, try bleaching a few more times with the take home products during the first three to five days after your office visit to maximize your results and attain the whitest shade possible. Store any remaining whitening gel in a cool dry place for later use. There’s no need to refrigerate.