

ZOOM WHITENING POST TREATMENT CARE

Things to Avoid after Zoom Whitening:

- No Smoking for 24 hours, smoking a cigarette within the first 24 Hours will stain your teeth
- Avoid any dark staining drinks like Tea, Coffee, Red Wine, coloured soft or alcoholic drinks and fruit juice.
- Avoid all dark staining foods like Bolognese, soy sauce, red meat, chocolate and all fruit except bananas.
- Avoid coloured toothpaste (red or blue) or Mouthwash for 24 hours.
- Avoid any foods or drinks that would leave a stain on a white shirt.

Manage Sensitivity:

It's common for people to feel minor sensitivity after treatment since the pores of tooth enamel are opened up during whitening. Therefore, you'll likely feel this sensitivity when exposing your teeth to extremely hot or cold temperatures. While this sensation should only last for a few days, you may want to use a toothpaste or mouthwash specifically designed for sensitive teeth.

If the sensitivity is particularly bad, you can also benefit from taking over-the-counter medications like ibuprofen. Avoid aspirin as direct contact with it can cause a burning sensation in your teeth.

Maintaining Good Oral Hygiene:

The most important step you can take in retaining your white smile is sticking to a strict oral care regimen. Brushing twice a day with fluoridated toothpaste is necessary not just to keep plaque at bay, but remove surface stains when they appear. For extra protection, consider purchasing whitening toothpaste specifically for removing surface stains. These brands usually contain additional bleaching agents and abrasives to aid in keeping your smile white.

Furthermore, make sure to floss at least once a day as well. Brushing only removes about 60 percent of plaque on teeth, while flossing works to remove stains from the sides as well. For extra protection, try incorporating a whitening mouth rinse. These are usually given additional fluoride for extra protection.