

Zoom! Post Whitening Care Instructions

Congratulations! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing your whitening result for a long lasting, bright, and healthy smile.

For the next 48 hours, dark staining substances should be avoided such as:

Coffee
Tobacco Products
Mustard or Ketchup
Colas
Red Wine
Soy Sauce
Berry Pies
Red Sauces
Etc.

Additional ways to maintain your sparkling ZOOM! Smile:

Avoid staining-related habits

Use an automated tooth brush

Seek regular professional dental care to maintain your oral health (every six months if you wish to maintain your warranty for two years). Also, it will help keep staining to a minimum and maximize your touch-ups.

Practice good oral hygiene including thorough tooth brushing and flossing to remove plaque and debris from around the teeth. Clean your tongue and cheeks. Your dental professionals will assist you in selecting the products necessary to maintain your white and healthy smile.