



BRIGHTWORKS

DENTISTRY

ZOOM Whitening Post-Operative Care

Post-operative care following a teeth whitening procedure in office is crucial for maintaining results and ensuring comfort. Here are some detailed post-operative instructions for both types of whitening procedures:

1. **Avoid Staining Foods and Beverages:** For the first 24-48 hours after the procedure, avoid consuming foods and beverages that are known to stain teeth, such as coffee, tea, red wine, berries, and dark-colored sauces.
2. **Limit Tobacco Use:** Refrain from smoking or using tobacco products for at least 48 hours after the whitening procedure, as they can contribute to staining and compromise the results.
3. **Be Mindful of Temperature:** Avoid consuming very hot or very cold foods and beverages immediately after the whitening procedure, as your teeth may be temporarily more sensitive to temperature changes.
4. **Maintain Good Oral Hygiene:** Continue to brush and floss your teeth regularly to remove surface stains and maintain the results of the whitening treatment. Use a soft-bristled toothbrush and non-abrasive toothpaste.
5. **Use Desensitizing Products (if needed):** If you experience tooth sensitivity after the whitening procedure, we may recommend using desensitizing toothpaste or gel to alleviate discomfort.

By following these post-operative care instructions, you can help ensure the best results and minimize any potential discomfort or side effects. If you have any concerns or questions about your whitening treatment, don't hesitate to contact us for guidance.

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