



edgemont
dental care

Zoom Tooth Whitening - Post Treatment Care

Congratulations on your new smile! You've just experienced a revolutionary tooth whitening procedure. Below you will find information on how to care for your teeth following teeth whitening. Your teeth are very porous following the whitening procedure therefore **the next 24 hours are important** in maximizing your whitening results for a long lasting, bright and healthy smile.

FIRST HOUR

Drink Water only

NEXT 24 HOURS

As you know your teeth are very porous after in-office whitening. For the next 24 hours, dark staining substances should be avoided, such as: Coffee and/or tea, Cola, Berries, Tobacco products, Red wine, Red sauces, Mustard, Ketchup, or Soy sauce.

If it stains your clothes, it will eventually stain your teeth!

Additional ways to maintain your Sparkling Smile:

- Avoid staining related habits
- Use an automated toothbrush
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- Practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

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