

## **Zoom Whitening (not covered by dental insurance)**

For best results please read the following recommendations:

Zoom Whitening as with any whitening product removes surface stains from your teeth, so if you have a lifestyle where you consume a lot of staining food and drink, or smoke tobacco products then your results may be very profound.

Zoom Whitening should be done approximately two weeks after hygiene appointment. This allows your teeth to be as clean as possible while minimizing sensitivity that sometimes occurs after a hygiene appointment.

Two weeks before Zoom Whitening appointment, brush with high fluoride concentration toothpaste (eg. Prevident) or rinse with fluoride mouthwash, twice a day. (Usually can be purchased at local pharmacy)

The evening before your zoom appointment, take 400mg ibuprofen (Advil) and continue taking the ibuprofen every four hours the day of the appointment and the day after the appointment if needed. Please read your medication instructions and do not take more than recommended. This step, along with the fluoridated toothpaste, help to minimize sensitivity that can be associated with whitening products.

If your teeth are very sensitive, we also have desensitizing trays that you can pick up and wear for an hour prior to the beginning of your Zoom appointment or a different take home tooth whitening system that has a desensitizer built in. Feel free to inquire with our office.

Since Zoom whitening cleans out microscopic defects in the enamel of your teeth you are more susceptible to further staining immediately following your treatment. Because of this fact, we also recommend after zoom whitening to avoid food or drinks that will re-stain your teeth for at least a few days. Examples of such foods are: blueberries, tomatoes, mustard, red wine, coffee and teas. Refrain from smoking as long as possible. Continue using highly fluoridated toothpastes or mouth rinses to help fill in the small defects in your enamel for this following week to try and prolong your results.

Following your appointment you will also be given some bleaching trays and home kit so that you can touch up your smile whenever you wish.