

Park 56 Dental Group

Post ZOOM Bleaching Care Instructions:

Congratulations on your brighter smile!!!

Upon completion of the procedure today, your teeth and gums may feel a little sore and sensitive. This feeling varies from patient to patient and subsides over the first few hours or days after the Zoom treatment.

What to do this evening:

To help reduce any post-treatment sensitivity, we recommend that you brush gently for a minute this evening with the fluoride-relief toothpaste provided. If you have any remaining sensitivity, please continue to take Advil as directed, but do not exceed 6 tablets in 24 hours.

What to do for the next few days:

We recommend, as much as you can, to avoid "staining" substances for 48 hours. This includes: red wine or dye colored drinks, colas, berries, coffee, smoking, etc. If you absolutely must have any of the above drinks (such as coffee), try drinking through a straw, which helps to minimize the contact with your front teeth.

24 hours after the procedure you may begin to use the take home kit provided.

The customized trays should be worn for 30 to 60 minutes for the next 10 days, filled with the bleaching gel that was given to you in the take-home touch up kit. Only a small amount of gel is needed in each tray. If you are very, very sensitive please delay using the take home kit an additional 24 hours, but it is best to begin using it within 24 - 48 hours following the in office lightening treatment.

Long term at home follow-up is essential to maintaining the lightened results.

You may (and should) use the touch up bleach on a regular basis, as often as once a week or as infrequently as once every 3 to 6 months (each usage being for 30 - 60 minutes). Your lightening needs will determine how often you require home lightening. As you notice the lightness toning down, it is time to use the trays and lightening solution.

It is also beneficial to use the trays and lightening solution the night following your upcoming dental cleaning appointments, taking advantage of the polished tooth surfaces for optimal lightening. As your esthetic needs are unique and the usage of the product will vary from patient to patient, ask your hygienist how often you should wear the trays. Good, regular, continued follow up at home will maintain a whiter smile for years.

Any questions, please call our office at 212-826-2322 or e-mail michellepark56@yahoo.com

Personal recommendations: