



Cupertino Cosmetic Dental and Facial Esthetics
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408.865.1777

Zoom!®

Post Whitening Care Instructions

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important to enhance and maximize your whitening results for a long lasting, bright and healthy smile.

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

- £ Coffee and/or Tea
- £ Tobacco Products
- £ Mustard or Ketchup
- £ Cola
- £ Red Wine
- £ Soy Sauce
- £ Berries/Jam/Pie
- £ Red Pasta Sauces

Also avoid:

- £ Things that are too hot or cold.

Additional ways to maintain your sparkling Zoom!® smile:

- £ Avoid staining related habits and use a straw to drink your coffee/tea
- £ Seek regular dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- £ In addition, continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth and tongue cleaning.
- £ Within the first or second week after your Zoom! treatment, your teeth will rehydrate and may fall back a shade or two. To maintain whiteness, we recommend using bleaching trays.
- £ Keep your bright smile by using custom bleaching trays every 4 months.

Please do not hesitate to call Dr. Sage at 408.865.1777 should you have any questions.