

BARRHAVEN DENTAL CARE
3777 Strandherd Drive
Nepean, Ontario K2J 4B1

POST WHITENING INSTRUCTIONS

Tooth Sensitivity/Pain-During the first 24 hours after Zoom treatment:

Some patients experience some tooth sensitivity or pain. This is normal and is usually mild, but can be worse in susceptible individuals. Normally tooth sensitivity or pain following a Zoom treatment subsides within 24 hours, but in rare cases can persist for longer. People with existing sensitivity, recession, exposed dentin, exposed root surfaces, recently cracked teeth, open cavities, fillings with leaks, or other dental conditions that cause sensitivity or allow penetration of gel into the tooth may find that those conditions increase or prolong sensitivity or pain after Zoom treatment.

Gum/Lip/Cheek Inflammation:

Whitening may cause your gums, lips, or cheeks to be inflamed. This is due to inadvertent exposure to those tissues, to the whitening gel, or ultraviolet light. This is temporary and will subside within a few days.

Things to avoid during the next 48 hours:

- *Coffee and/or tea
- *Cola
- *Berry pie
- *Tobacco products
- *Red wine
- *Red sauces
- *Mustard or ketchup
- *Soya sauce