

## Zoom! Whitening Maintenance Instructions

- Do not drink any colored beverages for 48 hours after Zoom! Whitening as it may stain your whitened teeth.
- Do not eat any dark colored foods that can stain your teeth for 48 hours after Zoom! Whitening, such as blueberry pie, dark chocolate, soy sauce, curry, etc.
- Drinking coffee and tea with a straw and rinsing with water afterwards may help to lessen the staining of your teeth.
- If you are a smoker, this is a great time to quit smoking!
- If your teeth are sensitive, continue using the Fluoridex toothpaste for two weeks following Zoom! Whitening.
- Mark your calendar on the first Saturday of each month to wear your bleach trays to bed with gel for regular maintenance. Previously mentioned instructions apply.
- Do not run out of the bleaching gel. Once you're through using the gel that came with the initial kit, you'll need to purchase a Touch-up kit from our office and continue with the monthly maintenance schedule. When used monthly, the Touch-up kit will last for a year. The proper instructions for using the Touch-up gel will be given at the time of purchase.
- Keep brushing twice a day, flossing once a day, and use mouth rinse after each brushing.
- Keep your regularly scheduled check-up and cleaning appointments.
- If your bleach trays do not seem to fit properly please bring them with you to your next check up visit or call the office for evaluation.
- If you refer two patients to do the Zoom! Whitening you'll receive a free touch-up kit valued at \$70.00.
- And finally, thank you for following these instructions and keep on smiling!