

The Parkstone Dental Practice

Post-Whitening Care Instructions

Congratulations! You've just experienced a revolutionary tooth whitening procedure. The next 48 hours are important in enhancing and maximizing 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,	Cola,	Curries,
Tobacco products,	Red wine,	Red sauces,
Mustard or Ketchup,	Soy sauce	

Additional ways to maintain your sparkling Zoom! Smile:

- Avoid staining related habits.
- Use an automated toothbrush.

Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.

Practise good oral hygiene including tooth brushing, flossing to remove debris from between the teeth, and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

Sometimes you can experience some increased tooth sensitivity after treatment. This is transient so don't worry! Avoid very cold or sweet foods. If the sensitivity is severe, a painkiller such as Paracetamol or Ibuprofen will help. Place 'sensitive' toothpaste inside your whitening trays and wear them overnight. This will help settle the discomfort.



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