

After-care Instructions for Zoom Teeth Whitening

Sensitivity Management:

- It is common to experience some sensitivity, especially on the first night.
- If needed, take pain relief medication on the day of your appointment.
- Sensitivity should significantly subside by the next day.
- To reduce post-operative sensitivity and rehydrate enamel, apply GC Tooth Mousse/Plus Creme for a few weeks before and after the procedure.
- Any mottling or translucency on the tooth surfaces is normal due to enamel dehydration and should blend and disappear within 7 days.

Instructions for Using Tooth Mousse:

1. Apply a generous layer of mousse to the front surfaces of your teeth using a cotton bud or your finger.
2. Leave undisturbed for 20 minutes and do not rinse for 30 minutes afterward.
3. Use twice daily for 5 days.
4. Tooth Mousse is a milk derivative, non-toxic, and safe to swallow.
5. If you have any concerns, please contact us.

Avoid:

- Staining foods
- Coloured drinks
- Tobacco

Long-Term Whitening Maintenance:

- Depending on your lifestyle and how well your teeth retain their colour, an annual touch-up whitening treatment may be required.
- Additional touch-up syringes of whitening gel are available at Ooralea Dental Care if needed.

For any further questions or assistance, feel free to contact our practice.