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## **Pre-Operative Instructions**

### **ZOOM! In-Office Teeth Whitening**

ZOOM! Teeth Whitening is a procedure designed to lighten the color of teeth using a combination of a hydrogen peroxide gel and a specially designed light to produce the maximum whitening results in the shortest time possible. Tooth shades will be assessed before and after. ZOOM! results will vary from person to person and can regress due to a variety of circumstances. Almost all natural teeth can benefit from ZOOM! whitening, and a significant amount of whitening can be achieved in most cases. ZOOM! whitening is not intended to lighten artificial teeth, caps, crowns, veneers, porcelain, composite, or other restorative materials. People with darkly stained yellow or yellow-brown teeth frequently achieve better results than those with gray or bluish-gray teeth. Teeth with multiple colorations, bands, splotches, or spots due to tetracycline use or fluorosis often do not whiten as well and may need multiple treatments or may not lighten at all. ZOOM! is not recommended for pregnant or lactating women.

**It is recommended that one week prior to whitening, patients should use a desensitizing toothpaste such as sensodyne and take Ibuprofen the day of their appointment to help reduce sensitivity.**

During the first 24-hour period after whitening, patients may still experience some sensitivity or tooth pain. This is normal and is usually mild, but it may be more noticeable in people prone to tooth sensitivity. Continue to take Ibuprofen for any post-operative discomfort. Any areas of gum recession will be covered with a protective barrier prior to ZOOM! treatment. Your lips, cheeks, and gums will also be protected but may experience some areas of inflammation due to inadvertent gel exposure. This is temporary and will subside in a few days. After whitening, it is natural for teeth to regress somewhat in their shading. This regression is very gradual but can be accelerated by frequent exposure to various staining agents. Teeth naturally stain with time, so patients also have the option of in-home use trays to extend the benefits of the whitening process or redoing ZOOM! in the future.

For the first 48 hours after treatment, care should be given to avoid consuming dark foods and drinks.