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Teeth Whitening Aftercare

Congratulations on having your teeth whitened with our office's ZOOM Whitening! We want to help you enjoy your bright, beautiful smile for a long time to come, so please read these instructions and suggestions about caring for your teeth. Be sure to discuss follow-up care with your dentist and to ask any questions you might have.

Immediately After Treatment

For some people, teeth-whitening treatments can cause mild sensitivity that lasts a day or two, particularly if their teeth are naturally sensitive. To help decrease or eliminate sensitivity, your dentist might recommend a special fluoride treatment to be applied at the end of your Whitening session. It will help reduce sensitivity immediately after whitening. In addition, your dentist might recommend an "at home" fluoride.

2 to 3 Days After Treatment

- Avoid extremely hot or cold beverages, which could heighten sensitivity.
- Brush your teeth at least twice per day with mild toothpaste and a soft or extra-soft brush. There is no need to "scrub" your teeth – the excessive abrasion doesn't get teeth any cleaner, and it might hurt your teeth by gradually wearing away your enamel or cause your gums to erode.
- Floss thoroughly at least once a day. This helps remove the plaque below the gum line, which can lead not only to decay, but also to discoloration.

Extended Care

With proper care, your bright new smile should last for years. Although we can't stop the gradual yellowing that frequently occurs with aging, there are many habits that are within your control. It's especially important to avoid or reduce habits that can cause your teeth to become discolored over time. Making these changes not only helps maintain a brighter smile, but also supports better overall health.

- Certain foods and drinks might stain your newly whitened teeth. A useful tip: If the food or drink stains your fingertips and tongue, chances are, they will also stain your teeth. **Try to completely avoid the items listed below for the first two weeks after your teeth have been whitened:**
 - **Beverages:** Avoid or limit drinking coffee, tea, cola drinks, red wine, grape juice, dark red or purple punch, etc. If you do drink these beverages, try to rinse your mouth with water and brush your teeth soon after to reduce the staining effect.
 - **Foods:** Avoid or limit eating dark berries such as blackberries, raspberries, and any other foods that are richly colored as they might stain your teeth. Again, when you do eat such foods, try to rinse your mouth with water and brush soon after.
- **Lifestyle habits:** Stop smoking. It's not only bad for your overall health, but it also causes brown and yellow stains on your teeth. Smoking can also cause excessive wrinkling around the mouth, which affects the appearance of your smile.
- **Additional dental work:** Most dentists wait at least three weeks after teeth whitening before performing restorative procedures. This allows the dentist to more closely match the shade of your newly whitened teeth.

If you visit another dentist for additional dental care, be sure to inform him or her that you've had your teeth



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whitened. **Ask any questions about your newly whitened teeth during your twice-yearly checkups or whenever you have other dental work done.**