

ZOOM! Chairside Whitening Post Care Instructions (To be followed for the first 48 hours)

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile.

Everyone's teeth have a protective layer called the acquired pellicle. This layer retains the surface dental stains and is removed during a regular dental cleaning or the whitening process. It takes twelve to twenty four hours for the barrier to fully develop again. To maximize the whitening, we ask that for the next 48 hours, you DO NOT consume dark or yellow staining substances such as:

All Tobacco Products, Coloured Lipstick, Coffee, Tea, Red Wine, tomatoes, Soft Drinks, coloured crisps, Mustard, Ketchup, Berries, Red Sauces, Soy Sauce

Remember that you must not use any coloured toothpastes or mouthwashes for the first 48 hours. If your daily homecare involves the use of Corsodyl or any other Chlorhexidine product, please wait 48 hours before continuing the usage of this product. If post-operative sensitivity occurs, chew sugarless gum to reduce the peroxide levels, take whatever painkiller you would normally use for a headache, and brush with Sensodyne.



Something to Smile About...

64 High Street, Stevenage
Hertfordshire SG1 3EA
Tel: 01438 351151 Fax: 0845 867 1853
Email: reception@smilecraft.co.uk