

POST-OPERATIVE INSTRUCTIONS CARE FOLLOWING ZOOM IN-OFFICE WHITENING

For **2 hours** following the appointment, do not consume coffee, tea, red wine, red sauce or tobacco.

SENSITIVITY: Tooth sensitivity is normal and temporary. OTC pain reliever may be taken after appointment as directed in addition to the use of the ACP sensitivity relief gel. If sensitivity after whitening occurs, dispense relief gel into white trays and wear for 10-30 minutes. If trays are not available, brush product on teeth and leave on for 3 minutes. For best results, do not eat or drink for 30 minutes after the relief gel application.

MAINTENENCE: All tooth whitening requires maintenance. Use day white or nite white take home refills for 1-3 nights every 4-6 months, depending on habits.

For whiter results following in-office whitening, use day white or nite white as instructed, 24 hours after the in-office procedure is completed.