Expectations after In-Office Whitening

Congratulations on your brighter smile! After your in-office Zoom whitening treatment, it's normal to experience a few temporary effects as your teeth adjust.

1. Tooth Sensitivity (Very Common)

- You may feel sensitivity to cold, air, or touch for **24–48 hours**
- Some patients experience brief "zingers" (sharp, quick sensations)
- This is normal and will gradually improve

What helps:

- Use a **desensitizing toothpaste** (e.g., Sensodyne)
- Avoid very cold foods/drinks for the first 24 hours
- Take **ibuprofen or acetaminophen** if needed

2. White Spots or Uneven Color

- You may notice temporary **white or chalky spots** immediately after treatment
- These areas usually **blend in within 24–48 hours** as teeth rehydrate

3. "White Diet" – First 48 Hours (Very Important)

Your teeth are more porous after whitening and can easily stain.

Avoid:

- Coffee, tea, red wine
- Soda, dark juices
- Tomato sauce, soy sauce
- Berries, chocolate
- Smoking or vaping

Safe Options:

- Water, milk
- Chicken, rice, pasta (no sauce)
- Eggs, yogurt, cheese
- Bananas, apples (peeled)

4. Gum or Soft Tissue Sensitivity

- Mild irritation or whitening of the gums may occur
- This typically resolves within **24–48 hours**

5. Maintaining Your Results

- Good oral hygiene is key (brushing + flossing daily)
- Limit staining foods and drinks when possible
- Use **whitening trays or touch-up kits** as recommended
- Routine cleanings will help maintain brightness

6. When to Contact Us

Please call our office if you experience:

- Sensitivity lasting **longer than 3–4 days**
- Severe or worsening pain
- Gum irritation that does not improve

We're here for you!

If you have any questions or concerns, please contact our office.