After Your Zoom Whitening

Enjoy your brighter smile! These simple steps will help you stay comfortable and care for your results.

First 24–48 hours • Keep comfortable

Brief twinges or sensitivity to cold can occur. Mild tenderness or temporary pale spots on your gums should improve.

Choose lukewarm foods and drinks. Avoid very hot, cold, or acidic items if they trigger discomfort.

Brush gently with a soft brush and fluoride sensitivity toothpaste. Avoid abrasive whitening or charcoal products while tender.

If we provided Relief ACP or another sensitivity gel, use as directed. It is different from whitening gel. Pause additional whitening while teeth or gums are sore.

Over the next few days • Let your shade settle

Your tooth color may look uneven at first, then settle as teeth regain moisture.

Crowns, veneers, and fillings do not whiten. Let us know before scheduling color-matched dental work so we can allow your shade to stabilize.

Every day • Maintain your results

Drink water and rinse with water after coffee, tea, wine, or strongly colored foods. Limiting these and avoiding tobacco helps reduce new stains.

Continue brushing, flossing, and regular cleanings. Follow our recommended schedule for touch-ups.

If provided • Take-home whitening trays

Start only when we advise. Follow the exact gel amount and wear time for your product. Do not use extra gel or wear trays longer than directed.

Keep gel off your gums and do not swallow it. Store syringes as directed, away from children and pets.

Pause whitening if sensitivity or gum irritation develops. Resume only when symptoms have settled and according to your prescribed schedule.

Brief twinges and mild sensitivity during the first 24–48 hours usually settle with the comfort steps above.

If You Need Additional Care

Call our office at (281) 852-2230 for severe pain that prevents eating or sleeping, or extensive gum blistering—not brief twinges or mild sensitivity. Stop whitening until we advise you to resume. If the office is closed and care cannot wait, seek urgent dental care.