



Anthony Costella, DDS | Rosemarie Goldstein, DDS

ZOOM IN-OFFICE WHITENING & HOME BLEACHING TRAYS

Keep your smile bright with gentle daily care and the whitening plan prescribed for you. Gel strengths have different wear times: your specific product instructions and your dentist's directions determine safe use.

1 / AFTER ZOOM WHITENING

① Sensitivity after Zoom

Temporary sensitivity, including brief sharp "zingers," is common after whitening and often settles within 24-48 hours. Dehydration may affect shade; peroxide can irritate the tooth's nerve. Avoid very hot or cold drinks if uncomfortable.

Use a fluoride toothpaste for sensitive teeth or a dentist-recommended desensitizing product. Call for severe, persistent or worsening pain.

② Reduce staining & keep clean

For the first 24-48 hours, our office recommends avoiding coffee, tea, red wine, cola, soy sauce, dark sauces, blueberries and other strongly staining foods or drinks. Avoid tobacco. Drink water and choose foods that are comfortable for sensitive teeth.

Continue gentle brushing with fluoride toothpaste and daily flossing. Do not stop a prescribed rinse or medicine without asking your clinician.

③ When to use home trays

After Zoom, wait until sensitivity and gum discomfort have fully resolved and your dentist has cleared you to start. This may be several days; do not whiten through pain. Alternatively, a short maintenance touch-up may be recommended in 3-6 months. Touch-ups may be needed twice yearly, often after a cleaning; your schedule may differ. Ask before repeating. Crowns and fillings do not whiten like natural teeth.

2 / HOME BLEACHING TRAYS

④ Prepare & use very little gel

Brush and floss first. Treat the front six upper and six lower teeth unless directed otherwise. Place a tiny drop, less than half a grain of rice, on the front-facing side of each selected tooth compartment.

Seat gently; wipe gel off gums. Do not overfill or swallow gel. No eating, drinking or smoking with trays.

⑤ Wear time: follow your gel

Use only the time prescribed for your exact gel and strength. Four hours is an absolute office limit, not a standard wear time. Some gels require only 15-30 minutes. Never sleep in the trays under this office plan. For a prescribed 2-4 hour gel, ask about 1-2 hour sessions if needed. Stop for pain or irritation; call us.

Touch-ups: no more than 3-4 days per course, as prescribed. Ask before repeating.

⑥ After use & tray cleaning

Remove trays, rinse your mouth and brush off gel. Clean trays with cool water and a soft toothbrush. No hot water. Use Polident retainer/appliance cleanser only if approved for your tray material, following its label. Rinse well; store in the case. Keep trays and gel away from children and pets.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Stop whitening and call for unusual discomfort, persistent or severe sensitivity, pain in one tooth, gum burning, white patches or sores, swelling, or poor tray fit. Call us with any question before continuing or changing your treatment.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.