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Please read carefully!

During today's visit to our clinic you had a professional ZOOM! teeth whitening treatment.



Follow these rules to keep your new tooth colour for as long as possible!

- for a month, brush twice a day with a whitening toothpaste; if your teeth become sensitive, alternate it with a toothpaste for sensitive teeth
- for a week, avoid foods with strong colouring pigments: chocolate, berries (blueberries, blackberries, strawberries, raspberries), beetroot, mustard, ketchup, red wine, Coca-Cola, balsamic vinegar
- avoid these spices: paprika, cocoa, curry, nutmeg, cinnamon, saffron, turmeric
- you can drink coffee or black / green tea with milk, through a straw
- avoid smoking

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Possible side effects:

- Sensitivity

In the first 24–48 hours after the ZOOM! treatment your teeth may be sensitive. This is normal and usually mild, but it can be stronger in patients who have had sensitive teeth before. If it happens, **use a toothpaste for sensitive teeth**. If the sensitivity doesn't go away, don't hesitate to contact us.

- Inflamed gums / lips / cheeks

Whitening can inflame the gums, the edges of the cheeks or the lips. This is usually temporary and goes away within a few days. **Drink at least 2.5 l of water a day!**

- Dry / chapped lips

During the whole treatment your mouth was kept open with a plastic retractor. This can dry out or chap the lips or the edges of the cheeks. **Use lip balm!**



To keep your teeth white for as long as possible, brush your teeth or rinse with water after eating or drinking anything that stains.