

ZOOM!TM Whitening Patient Instructions

BEFORE YOUR Zoom!TM WHITENING APPOINTMENT

- Use Fluoridex toothpaste for 1-2 weeks prior to your visit. Remember not to rinse, eat, or drink for at least 30 minutes after applying it.
- Take 600 mg of ibuprofen 1 hour prior to your visit. If you cannot take ibuprofen, you should discuss other options with Dr. Rader.

AFTER YOUR Zoom!TM WHITENING APPOINTMENT

Congratulations! You have just experienced a revolutionary tooth whitening procedure. The next 48 hours are important to enhance and maximize your whitening results for a long lasting, bright, and healthy smile.

- For the next 48 hours, dark staining substances should be avoided, such as:
 - Coffee and/or tea
 - Tobacco products
 - Mustard or ketchup
 - Soda/cola
 - Red wine
 - Soy sauce
 - Curries
 - Berry Pie
 - Red sauce
- How to use Relief ACP Tooth Sensitivity Relief Gel
 1. Brush teeth and rinse.
 2. Place small amount into each tooth compartment of tray.
 3. Normal wear time 10-30 minutes.

Precautions for Relief ACP Tooth Sensitivity Relief Gel

- Keep out of reach of children.
- Call our practice if sensitivity persists or worsens.
- Do not use for longer than 4 weeks unless recommended by Dr. Rader.

INSTRUCTIONS FOR WHITENING MAINTENANCE (NiteWhite 22% or DayWhite 14%)

- Use after 24 hours to maintain or further enhance Zoom! Chairside Whitening results.

Application Instructions

1. Floss and brush teeth.
2. Twist and pull off clear plastic cap in counter clockwise motion.
3. Place mixing nozzle on syringe and secure by twisting in clockwise motion.
4. Place **small** drop of gel in each tooth compartment of tray.
5. Wear for indicated amount of time:
 - NiteWhite 22% - wear overnight or 2-4 hours daily
 - DayWhite 14% - wear for 15 minutes, twice a day
6. Most patients achieve optimal results within 1-2 weeks.

Precautions

- Overloading trays with gel may cause temporary gum irritation – a little goes a long way.
- Place tray with gel in mouth. “Bubbling” within tray is normal.
- Remove excess gel with cotton swab or dry toothbrush.
- Remove mixing nozzle from syringe and replace with cap for storage after use to ensure ingredients in each side of barrel stay separate.
- Rinse trays with cold water. If necessary, use toothbrush to remove residual gel. Place trays in storage case in a cool dry place.
- Rinse and brush teeth to remove excess gel.
- Do not eat, drink, or smoke while wearing trays. Areas of tooth closest to gums may take longer to lighten then biting edge. It is normal to see dark colors in trays where you have amalgam (silver) fillings. Gel oxidizes surface stains on amalgam fillings.

ADDITIONAL WAYS TO MAINTAIN YOUR SPARKLING ZOOM!™ SMILE

- Avoid staining related habits.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.
- In addition, continue to practice good oral hygiene including thorough tooth brushing, flossing to remove debris from between the teeth and tongue cleaning. Your dental professional will assist you in selecting the products to maintain not only a white smile, but a healthy one as well!

IMPORTANT PANDEMIC INFORMATION

Since your dental care team has been in close contact with you during your procedure, please notify our office if you experience symptoms or test positive for COVID-19 within 14 days of your visit so that we can take measures to curtail the spread of any virus. It is for our health and safety as well as the safety of those who visit the practice.

ADDITIONAL QUESTIONS OR CONCERNS

Should you have any additional questions or concerns about your procedure, please contact our practice.