

## Home Care: Zoom Whitening

Starting Shade \_\_\_\_\_ Ending Shade \_\_\_\_\_ Shades Lighter \_\_\_\_\_

Dark staining substances should be avoided for the next 2 days to prevent your teeth from absorbing stain. Remember, anything that can stain a white shirt can stain your teeth. Please avoid the following items for the next 2 days:

Coffee, Tea, Red Wine, Cola, Ketchup, Mustard, Red Sauces, Soy Sauce, Steak Sauce, BBQ Sauce, Berries, Dark Chocolate, etc.

### Dispensed

\_\_\_\_\_ Day White: 15 -30 minutes per day for the next 5 days

\_\_\_\_\_ Night White: 1-2 hours per day for the next 5 days

### Maintenance

- Utilize whitening trays 2 times per month for 2 consecutive days or more to maintain improved shade.
- Apply a small teardrop amount of gel in each tooth of the tray.
- Do not overfill the tray, this can lead to gingival sensitivity.
- If this occurs, remove the tray, brush the tray with toothpaste and allow to completely air-dry.
- After each use of the trays, brush the tray with toothpaste and rinse thoroughly with cold water.
- Rinse your mouth out with water after using the trays... no need to brush.
- Always allow the trays to fully dry before reusing them again.

### Sensitivity

In the event that sensitivity occurs, here are a few items that will aid with the short-term discomfort.

Relief Gel: Apply in trays and wear for 20-30 minutes

Sensodyne toothpaste: Use as your daily toothpaste while sensitivity is present

Advil/Ibuprofen: 400mg every 6 hours