



## Home Whitening Instructions after Zoom

1. For the next 24-48 hours avoid the following: tea, coffee, red wine, cola, curries, tomato sauce, & smoking.
2. On day 5 after in-chair procedure, wear tray once a day for 30 minutes. This is done for 2 nights only.
3. After brushing, place one dot of whitening gel in the centre of each tooth compartment. Place gel onto the front surface of the tray compartment only. This would correspond to the outside or labial surface of your teeth. Do not overfill tray
4. Do not place gels in last teeth in the trays. These are generally molar teeth (back teeth which are generally larger). This only increases sensitivity and does not increase results.
5. Place trays into position with two hands. Use finger to remove any excess gel.
6. After use remove tray from mouth and rinse thoroughly with water. Use gentle brush to remove any excess gel material from teeth if necessary.

Most people experience some sensitivity with any whitening treatment. The sensitivity is temporary and will cease following the completion of your whitening. The degree of sensitivity varies from person to person. Most experience little or no sensitivity with take home whitening. If sensitivity becomes very uncomfortable we can provide relief gel, which will help with the sensitivity.