



ZOOM!™ & Take Home Whitening Instructions

Congratulations! You've 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, avoid eating or drinking substances that could stain a white shirt such as:

- Coffee and/or tea
- Tobacco products
- Mustard or Ketchup
- Red wine
- Soy sauce
- Berry pie
- Cola Drinks
- Red sauces

For DayWhite or NiteWhite take-home system (or Zoom!™ touch-up with custom trays), please follow these simple guidelines:

- Prior to bleaching at home, floss and brush your teeth.
- Place a pea-sized amount of gel in the center of each tooth compartment in the tray.
- Place the tray with the gel in your mouth. When inserting the tray, be careful not to push the gel out, but be sure that the tray is completely seated. Remove excess gel with your finger or tissue. Avoid direct contact of the tooth whitening gel with gums and/or salivary flow.
- If using DayWhite, whiten for 40-60 minutes per day. After whitening, remove and rinse the trays with cold water (hot water will damage the trays). Rinse and brush excess gel from your teeth. If using NiteWhite, whiten during sleeping hours. In the morning, follow same process as DayWhite when removing trays from your mouth.
- Continue whitening each day or night until desired results are achieved. For optimal results, the treatment should be uninterrupted. If you must skip a day or two, the process must be extended to compensate for the time missed.
- Place trays in the storage case and store them in a cool, dry place along with the remaining whitening gel. Do not lose your trays. When storing unused gel, replace mixing nozzle with the original twist off plastic cap to ensure product efficacy. Do not freeze whitening gel.
- Your trays can be used in the future every 4-6 months when minimal touch-up is desired. Depending on the condition of your enamel and how accurately you follow our instructions your results can be anywhere from minimal to optimal.

For sensitive areas: Place a small drop of desensitizing solution in your custom trays corresponding to the areas of sensitivity, then place in your mouth for 15 min twice a day for the first 2 days or place a small drop on your finger and rub directly on the area that is sensitive. You may also use Advil, Motrin or Ibuprofen as directed for the next 2-3 days if needed.

∞ PERSONALIZED AND COMFORTABLE ∞