

## ZOOM Whitening Patient Instructions

### Before your ZOOM whitening appointment:

- 1.) Use sensitive toothpaste for 1-2 weeks prior to your visit. Remember not to rinse after, let the toothpaste sit on your teeth.
- 2.) Can you bite into ice cream without being sensitive? If you can, take 400 MG of ibuprofen (Advil/Motrin) 1 hour prior to your visit. If you can't bite into ice cream without feeling sensitive, take 600 MG of ibuprofen 1 hour prior to your visit. If you cannot take ibuprofen, for any reason you should discuss other options with Dr. Quigley.

### After your ZOOM whitening appointment:

Congratulations! The next 48 hours are important to enhance and maximize your whitening results.

- 1.) For the next 48 hours, dark staining substances should be avoided, such as:
  - Coffee and/or tea • Soda/cola • Red sauce
- 2.) Use Relief ACP Tooth Sensitivity Relief Gel which will be given to you as needed for sensitivity. Place small amount on to your teeth and rub gently. Place your retainer/ bleaching tray over and let sit for 10-30 minutes. Then brush with sensitive toothpaste for the next 24/48 hours after whitening.
- 3.) Do not use Relief ACP Tooth Sensitivity Relief Gel for longer than 1 week unless recommended by Dr. Quigley.

### Instructions for whitening maintenance at home:

- 1.) Wait to use the whitening gel given to you 1 week after to maintain or further enhance Zoom! If you are still sensitive postpone till no sensitivity. Follow indicated instructions for wear time in the patient instruction booklet given to you.
- 2.) Application Instructions 1. Floss and brush teeth. 2. Twist and pull off clear plastic cap in counterclockwise motion. Place mixing nozzle on syringe and secure by twisting in clockwise motion.
- 3.) Place small drop of gel in each tooth compartment of your retainer or bleaching tray.
- 4.) Most patients achieve optimal results within 1-2 weeks.

### Precautions:

- 1.) Overloading trays with gel may cause temporary gum irritation – a little goes a long way.
- 2.) Place tray with gel in mouth. “Bubbling” within tray is normal. Remove excess gel with cotton swab
- 3.) Remove mixing nozzle from syringe and replace with cap for storage after use to ensure ingredients in each side of barrel stay separate.
- 4.) 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.
- 5.) Do not eat, drink, or smoke while wearing trays. Areas of tooth closest to gums may take longer to lighten then biting edge.