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Zoom Tooth Whitening Instructions

- 1) In the evening brush and floss teeth as usual.
- 2) Place gel in tray on surfaces to be whitened. You should use 1/3-1/2 of the tube for each upper and lower.
- 3) Dry teeth as best you can – i.e. breathe in air.
- 4) Place trays on appropriate arch, do not adapt trays to teeth as this will cause excess gel to escape.
- 5) Remove excess bleach with toothbrush or tissue.
- 6) We recommend wearing trays overnight, every night till desired results are achieved; usually about 1 week.
- 7) In the morning, remove the trays and brush teeth as usual.
- 8) Clean the trays using cold water only as warm water may distort the tray. You may need to use a cotton tip to remove the gel as it is quite sticky.
- 9) If you experience sensitivity, skip one night of whitening. You can also try using Sensodyne toothpaste, or use your finger to rub a small amount of Sensodyne toothpaste on the sensitive area. If the sensitivity is generalized you can place Sensodyne in the whitening trays and insert them for one night.
- 10) Of course, if you have any questions, please get in touch with us.

Should you experience any sensitivity or gum problem please contact our office.

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Foods to avoid during Teeth Whitening

Because bleaching teeth with peroxides can make teeth temporarily sensitive and vulnerable to new stains, avoiding certain foods and beverages after the bleaching process can make the results last longer. Additionally, avoiding certain items can help limit the amount of sensitivity you encounter after bleaching.

A general rule of thumb is to avoid any food or beverage that can **STAIN A WHITE SHIRT**.

One of the most common side effects of teeth bleaching is sensitivity to cold, which can be exacerbated by eating and drinking cold foods. Teeth sensitivity usually is temporary and should subside once the bleaching treatment is complete.

Some people might find that teeth whitening causes their gums and the tissue inside the mouth to become irritated. For this reason, it's best to avoid acidic foods while bleaching your teeth.

Foods to avoid include:

- Dark beverages like coffee, dark soft drinks and wine
- Juices, chocolates and dark berries like cherries and blueberries
- Turmeric, saffron and curry powder
- Soy sauce, balsamic vinegar or tomato paste
- Acidic fruits and vegetables like lemons, limes, vinegar and pickles
- Soft drinks also are very acidic and should be avoided
- Ice cream, frozen treats and refrigerated hard fruits
- Use a straw when drinking cold beverages to help reduce sensitivity

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