

# Home Tooth Whitening - Care Instructions

## **How long:**

- Optimal results are usually achieved within 1-2 weeks. For longer use, please consult with your dental professional.
- The ZOOM kit you are provided contains 3 syringes whitening gel.
- Each syringe contains enough gel for 3 whitening sessions.
- 1 session = enough gel for **both upper and lower** trays; worn for the designated duration.
- How long you wear your trays depends on the percentage of Hydrogen Peroxide (HP) in the gel, as displayed on the outside of the ZOOM DayWhite box.

6% HP	60mins per session
9.5% HP	30mins per session
14% HP	15mins per session

## **How to:**

1. Brush and floss teeth; rinse with water only.
2. Twist off the clear plastic cap from the syringe and replace with a mixing nozzle.
3. Place a small drop of gel in each tooth compartment of tray.
  - **Important:** Overloading trays with gel may cause temporary gum irritation; a little goes a long way.
4. Place tray with gel, in mouth. 'Bubbling' within tray is normal.
5. Remove excess gel with you finger, cotton swab or dry toothbrush
6. Wear for instructed duration.
7. Remove mixing nozzle from syringe and replace with cap for storage after use to ensure ingredients in each side of barrel stay separate.
8. When finished, rinse trays with cold tap water. If necessary, use a toothbrush and liquid soap to remove residual gel. Place trays in storage case in cool dry place.
9. Rinse mouth with water, brush teeth and floss to remove excess gel.

## **Notes:**

- Do not eat, drink or smoke while wearing trays.
- The area of tooth enamel closer to the gums may take longer to lighten than the biting edge.
- Exposed tooth root surfaces (dentine) will NOT lighten.
- It is normal to see dark colours in the trays where you have amalgam (silver) fillings. Whitening gel oxidises surface stains on amalgam fillings.

## **Staining!**

To achieve the best results please note -- The enamel of the teeth becomes very dehydrated after a professional whitening procedure and they act as a sponge and absorb anything you put in your mouth, that is why we ask you to refrain from the following throughout your whitening process:

### **"Avoid anything that would stain a white shirt"**

- Tobacco products
- Coffee and/or tea
- Lipstick
- Red meat (steak / hamburger)
- Cola or Coloured soft drink
- Berries
- Beetroot
- Red wine
- Red or Brown sauces
- Mustard or Tomato Sauce
- Grapes or any fruit with colour
- Soy sauce
- Curry

### Sensitivity:

- Some patients experience sensitivity such as “zingers” or thermal sensitivity for up to 36 hours after whitening.
- We recommend that you brush your teeth with **sensitive toothpaste** for the next few weeks to help reduce the sensitivity. **Tooth Mousse** can also be applied after each whitening session.
- If you have been provided with **Relief ACP gel**, instructions can be found below.
- You are also welcome to take any type of over-the-counter **ibuprofen pain relievers**, such as Nurofen or Advil. Do not exceed 1200mg within a 24 hour period. The smallest effective dose should be used; consult a doctor for full prescribing information, warnings and conditions.
- If the sensitivity becomes moderate to severe or lasts more than 24 hours, please contact the office.

### **Relief ACP Oral Care Gel**

- Brush teeth and rinse with water.
- Place small amount of gel into each tooth compartment of the provided trays.
- Normal wear time 10-30mins.
- If no trays are available, apply the gel with a finger to the sensitive teeth and avoid eating, drinking or rinsing for 30mins

### Fade-back:

- Note: 3 – 4 days following whitening, you may experience “fade back” – where your teeth may fade back 1–2 shades. If you prefer the lighter shade, additional Whitening Gel can be purchased from the *Dimos Dental* reception desk.

### ***To maintain your whiter smile into the future...***

- In future, you can utilise the Zoom Home Whitening gel in your custom-made trays to continue the whitening process or to **freshen up your brightness every 3-6 months** to achieve ongoing results. Additional syringes of Whitening Gel are available for sale from the *Dimos Dental* reception.
- If you feel Home Whitening maintenance is not for you, ZOOM Whitening Touch-Up appointments can be completed at *Dimos Dental* at 6 month intervals or longer as required.
- Avoid staining related habits/foods/drinks (see above list).
- Practice good oral hygiene including thorough tooth brushing twice daily, flossing once daily and tongue cleaning.
- Use an electric toothbrush.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum and determine the need for whitening touch-ups.

If you have any questions or concerns please do not hesitate to the office

on **9654-6667** or [mail@dimosdental.com.au](mailto:mail@dimosdental.com.au).

