

## **Zoom Whitening Home Kit**

After your appointment in our office for your Zoom whitening you will be given a take home kit with some custom whitening trays and Zoom whitening solution.

Zoom Whitening Home kit can be used after 48 hours have elapsed from Zoom treatment or any time after to brighten your smile.

Recommendations for whitening with the home kit are similar to the in-office Zoom whitening – refrain from and food or drink that can stain your teeth for over 48 hours and refrain from smoking as long as possible. Also remember to use fluoridated toothpaste or mouthwash 2-3 times per day after to try and remineralize the defects in your enamel.

Home whitening kit is most successful if done before you go to bed at night. Make sure your teeth have been brushed and floss before whitening trays are placed.

- 1) Twist off the cap of the whitening syringe tip and place a tiny drop of whitening solution in the front of each tooth in the custom trays.
- 2) Place trays in mouth. Squeeze trays to spread bleach over tooth surface avoiding gums if possible.
- 3) Keep trays in for half an hour. If teeth become sensitive take the trays out.
- 4) After whitening, rinse teeth and trays and use toothbrush to brush out any residual gel.
- 5) Wash hands and be careful not to get the whitening solution in eyes or on clothing. Keep trays in storage case provided.

If there is any whitening solution that sits on the tissue, the tissue will appear white. Vitamin E oil can be applied to the gum tissue to help with sensitivity. If this happens, try and use a little less whitening solution in the trays for the next whitening session.

Teeth can be whitened once a day for up to a week.

Extra syringes of whitening solution can be purchased through our office for your custom bleaching trays.