



## Zoom Whitening

In the world of cosmetic dentistry, teeth whitening is by far the most frequently requested treatment. When done professionally, teeth whitening is a safe, simple, and effective way to brighten your smile without the need for invasive procedures.

### Initial Screening:

Prior to whitening, we must perform an initial screening to identify if any pre-existing oral, medical or sensitivity conditions are present. If any of the existing issues, listed below, have not been treated, the patient will need to have them completed, or will be disqualified from whitening until completion:

- Currently undergoing periodontal treatment
- Exhibits failing restorations (fillings)
- Has existing or developing caries (cavities)
- Is in an unhealthy oral state

If you currently experience one or more of the following, please consult a physician before undergoing any form of whitening procedure:

- Women who are pregnant or nursing
- Patients with compromised immune systems or patients undergoing treatment for a serious illness or disorder
- Patients under the age of 12

### Before your Procedure:

- We recommend that patients brush with a desensitizing toothpaste with potassium nitrate (KNO<sub>3</sub>) two times per day for 14 days prior to treatment.
- We recommend that you take 600mg ibuprofen, 1 hour prior to the procedure
- If you are prone to sensitivity, inform us and we will apply a relief gel 15-30 minutes prior to your whitening procedure



**During the Procedure:**

- Once you are seated in the chair, we will assess your current shade and take photos for comparison after the procedure; the photos will be kept internally, unless granted permission by the patient
- Afterwards, vitamin E moisturizer will be spread liberally onto your lips, orange goggles will be provided and **MUST** be kept on at all times, until instructed to remove
- A retractor will be placed inside your mouth, cotton pellets and gauze will be placed to protect your cheeks and any remaining flesh
- Liquid Dam will be applied to your gums to protect them from the whitening gel, the Liquid Dam will be cured with a light, and will harden

The following will be done 3 times for 15 minutes each:

- Bleach will be applied to your teeth, and the light will shine onto your teeth for 15 minutes
- After 15 minutes, the gel will be suctioned off, if any sensitivity is felt please notify us and we can apply relief gel to the problem tooth, or turn down the intensity of the light
- New whitening gel is applied, and the light is shone onto your teeth for another 15 minutes

When the third and final 15-minute session is completed, the apparatus will be removed, the Liquid Dam is peeled off, and a thorough rinse with water is done. If you feel any sensitivity to cold water, please inform us and warm water may be used instead. More photos will be taken, and a comparison will be made to your prior photos. Most patients see results immediately. We will perform another shade match to find your new shade.



### **After your Procedure:**

Immediately after your procedure, you may feel moderate to intense sensitivity, this lasts between 24 to 48 hours. To alleviate your sensitivity, apply the provided ACP relief gel to the back of your teeth. We also recommend brushing with a fluoride toothpaste, to reduce sensitivity. **NO staining foods are permitted for at least 48 hours.** This includes but is not limited to, **coffee, tea, soda, wine,** and any food that contains darkening, or coloured agents.

Within 7 days, your teeth will look even whiter than when you left our clinic. After 30 days, your teeth will undergo a fade back process, meaning they will darken slightly depending on factors such as diet, and lifestyle. Results should last from to 3 to 9 months.

### **Take Home Kit:**

We recommend keeping your take home kit **refrigerated**, until required. Remove your kit from the fridge **1 hour** prior to treatment let it reach room temperature. Impressions will be taken for your upper and lower so that we can make trays for the at home treatment. These trays will fit snugly onto your teeth so that the gel has maximum contact with your teeth.

Before proceeding with either DayWhite or NiteWhite, ensure that the teeth are flossed and brushed thoroughly.

Twist and pull off the clear plastic cap in a counter-clockwise motion. Place the mixing nozzle on the syringe and secure by twisting in a clockwise motion. Apply a **small** drop of bleach into each compartment tray on the edge of the tooth. Place the tray onto your teeth, wipe off any excess bleach that may have bled out, **DO NOT leave any bleach on your gums.**

For Phillips Zoom DayWhite:

- Leave in for 15 minutes, twice a day. Most patients achieve optimal results within 2 weeks.

For Phillips Zoom NiteWhite:

- Leave in overnight or for 2 to 4 hours. Most patients achieve optimal results within 1-2 weeks

Rinse off any access bleach. For more information, consult the included Patient Post Care & Maintenance instructions within your kit. If you have any questions please ask.