

ZOOM IN-SURGERY BLEACHING

INSTRUCTIONS AFTER PROCEDURE

The ZOOM in surgery can achieve whitening results in less than 2 hours what the 'take-home' whitening system can achieve in 2 weeks.

Any mottling or white spotting is usually due to dehydration of the teeth and should even out over the next few days using tooth mousse or the touch up bleaching.

The most common side effect of bleaching is Sensitivity. In the ZOOM treatment, it can start during the last 15 minute sessions and for the remainder of the day. In some cases, sensitivity can last until the next day. This appears as sporadic, heated 'electric' shock like pulses through the teeth unlike the continuous, generalised sensitivity of the take home bleaching.

The relief-gel or tooth mousse can be used on the teeth to help alleviate this sensitivity. In addition, anti-inflammatories (such as Neurofen or neurofen Plus) can also be taken to help. If you are allergic to aspirin or have stomach issues, use panadol/panadeine instead.

How to apply Relief-Gel/Tooth mousse

- Syringe the relief-gel into the custom made trays using the size of **O** and leave in for 1 hour
 - Rinse the relief gel off the trays and rinse your mouth after removing
 - You can use the tooth mousse in this way also, separate from the relief gel
- OR**
- Apply a light covering of tooth mousse to all your teeth surfaces using your finger.
 - Use your tongue to help spread it around
 - Tooth mousse is a milk extract (CPP) and is safe to swallow, even in the presence of lactose intolerance
 - Do not eat or drink or rinse for 30min after to allow the CPP/Fluoride to work

How to perform "touch up" whitening

- Brush and floss your teeth prior to whitening
- Syringe the whitening gel into the custom made trays using the size of **O** and leave in for 1-2 hours
- Place trays in mouth and wipe off any excess whitening gel from around the gum with a tissue or dry tooth brush
- On removal, rinse the trays and teeth vigorously with water
- Use for up to 3 days
- Seal the teeth with tooth mousse after this

For lighter teeth, you can use the "touch up" whitening in the trays the next 2 nights OR just touch up in 10 days. Further touch ups can be done in 3, 6 or 12 months depending on how well your teeth hold their colour and the amount of dark substances consumed.

It is extremely important to avoid consuming (food or drink) anything with dark pigments (think: red wine, dark sauces, beetroot, tea, coffee, smoking) that could stain up a white t-shirt during this time!