

## **INFORMATION ON ZOOM IN SURGERY BLEACHING PREOPERATIVE INSTRUCTIONS**

It is important that the soft tissues and teeth are healthy and free from disease before the whitening process. Therefore, it is important to have had current dental care within the last 6 months to ensure that the bleaching process does not exacerbate any existing problems.

Tooth whitening results can vary between individuals.

Teeth which are more yellow base tend to whiten up better than those with a more grey hue and the results here are less predictable.

Sometimes the colour can be mottled due to the preexisting irregularities in the tooth structure. Most of the time this will disappear gradually, however, it is important to see a dentist before the procedure to discuss these issues.

Any prosthetic work (fillings, crowns, veneers) in the teeth will not bleach up, therefore, may need to be replaced and matched alter on.

Therefore, it is important to complete bleaching first (at least 6-8 weeks) before any major work is completed in the front, visible section of the mouth.

Sensitivity is the most common side effect of bleaching. This can range with individuals.

With ZOOM bleaching, this can last up to 48 hours after the treatment and can range in a continuous sensitivity to a more "electric shock" like sporadic sensitivity.

Analgesics such as neurofen or panadol is taken before and after the procedure to ensure that this is minimized. In addition, Relief Gel and tooth mousse can also be used to help alleviate this issue.

A take home kit is included in this package which consists of your own custom made trays, relief gel or tooth mousse, study models, toothbrush and tooth paste and touch up bleach.

The process of ZOOM can take up to 2 hours. DVDs and headphones can be supplied at the surgery for your entertainment, however feel free to bring your own IPOD or movie.