

At-Home Whitening Instructions



- 1) Load gel into your bleaching tray – apply a drop of gel into the inner part of the tray that contacts the front surface of your tooth. Approximately 1/3 to 1/2 of the syringe can be used per tray (upper and lower arches).
- 2) Brush and floss teeth to ensure the bleaching gel will not be contaminated by plaque and food particles. Insert trays and leave in place for appropriate time:

Zoom! DayWhite 9.5% → 1 x 30 min OR 2 x 15 min per day

Zoom! Night White 22% → 2 hours

Poladay 9.5% → 1 x 30 min OR 2 x 15 min per day

Polanight 16% → 90 min to overnight

- 3) Things not to do when bleaching tray is in your mouth: • Do not rinse your mouth, since this may dilute the bleaching agent. • Do not swallow the whitening gel. • Never drink, eat, or smoke while wearing your tray.
- 4) Remove trays after treatment time is complete, and brush excess gel from teeth, rinse and spit. Clean trays with cool tap water and a soft toothbrush. Let trays and let dry thoroughly before the next session as excess water in the tray can dilute the gel.
- 5) Store gel with cap on in a cool, dark location.
- 6) If sensitivity is uncomfortable, stop and reduce time and/or frequency of treatment. If too uncomfortable, stop all together and please contact us.

TIPS FOR BEST RESULTS:

- Avoid smoking during treatment.
- Stay away from highly coloured foods (red sauce, blueberries, etc.) and beverages (coffee, tea, etc.) for at least **3 hours after each treatment**.
- Mild sensitivity to hot or cold liquids may occur. This usually passes within 1-2 days. If sensitivity is severe or persists, contact your dental office.
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, coffee, tea, etc.)
- “Touch-up” treatments may be needed every 6-12 months to retain colour.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.