

The Parkstone Dental Practice

'Zoom' Pre-Whitening Instructions

This is your pre whitening treatment. Your home whitening trays will kick start your whitening process and allow your in-surgery 'Zoom' whitening to work more effectively.

Thoroughly brush your teeth. Place a small bead of gel per tooth (0.5 cc per tray) in the deepest portion of the trays. Be careful not to overload the trays. Insert the trays and gently wipe away any excess gel from around your gums.

Protocol for use

Day Time Use- 3 hours each day for 3-4 days

Dark staining substances should be avoided, such as:

Coffee,	Cola,	Curries,
Tobacco products,	Red wine,	Red sauces,
Mustard or Ketchup,	Soy sauce	

Some people (2%) show minor gum inflammation and/or tooth sensitivity. This is transient, so don't be concerned!

After use brush your teeth and wash the trays thoroughly in cold water.

1 tube should be ample for this procedure.

How does it work?

It penetrates the tiny surface cracks of the enamel and whitens these fissures and whitens tea/coffee and food staining.

Please contact the practice if you have any problems or questions.



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