

## Whitening Guide and Maintenance

We are excited that you are Whitening your teeth with the industry best Philips / Zoom. The following information is a collection of our best advice for using the kit you have purchased.

**DayWhite** or **NightWhite** systems have excellent quality and have been created with ingredients that will not only whiten but strengthen your enamel. The Hydrogen or Carbamide Peroxides remove organic and dark yellow compounds from the enamel. The ACP Amorphous Calcium Phosphate strengthens enamel and helps to prevent sensitivity. We have provided you with a wonderful toothpaste **ClinPro5000** that will help treat and prevent sensitivity. We recommend you use this toothpaste before during and after your Whitening.

<p><b>The only take-home formula with the Power of Three</b></p> <p>✓Dramatic whitening results for a healthy white smile ✓Proven safe on enamel ✓Contains ACP (Amorphous Calcium Phosphate), dual-action sensitivity relief formula.</p>	 A photograph of a Zoom DayWhite bleaching syringe and a bleaching tray. The syringe is white with a blue cap and a blue label that says 'Zoom DayWhite'. The tray is white with a blue border and a blue label that says 'Zoom DayWhite'. A blue circle highlights the syringe, and a blue line connects it to a blue circle containing the letter 'E'.
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- 1) Keep the one activated bleaching syringe being used in the bathroom cabinet, next to your bleaching tray container. All other bleaching syringes are to be kept in the refrigerator (not freezer) to increase the shelf life.
- 2) Clean teeth are more receptive to the bleaching solutions. Before wearing the bleaching trays: it is best to brush your teeth thoroughly with the ClinPro5000.
- 3) Fill trays as with gel solution as directed and wear either for 30 Min (DayWhite)Or 6 hours overnight (NightWhite).
- 4) After each bleaching treatment, it is best to Brush your teeth with ClinPro5000 again. This will help prevent and soothe sensitivity.
- 5) Remove excess gel from the trays: The bleaching trays should be rinsed thoroughly with Luke warm water and brushed out with either a Q-tip cotton applicator or your toothbrush.

## Helpful notes:

The bleaching solution is very concentrated so a little goes a long way. An excess amount of bleaching solution **will not** result in faster color changes it will just cause sensitive gums and or teeth. A good estimate is one measured line of solution per 2 arches.



Trays should be filled with enough bleach as shown. Too much may bubble out of the tray and be wasted. The result will be sensitivity and discomfort. You may wipe excess with cotton and place less material next time.

Too little gel and you will see many bubbles and whitening will be less effective.

Refrain from consuming hyper-chromatic foods ( 3 Days following Bleaching ) such as red wine, coffee, tea and colas; these foods or beverages can reduce the effectiveness of the bleaching gel action. Using a straw may be another option for intake of these beverages.

Depending on dietary intake bleaching intervals may vary. After your first bleaching maintenance is likely 2-3 treatments every 4 to 6 months.

**Remember** it has taken years for the teeth to gradually darken, it will take weeks to gradually and safely get your teeth to whiten. Patience and consistency are most important ways to whiten your teeth and regain a youthful smile. As always, if you have any questions or concerns don't hesitate to ask.

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