

# Home Whitening

## In Office Zoom Bleaching Follow up Procedure



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FAMILY DENTISTRY • IV SEDATION  
IMPLANTS • COSMETIC DENTISTRY

**1 - Floss and brush your teeth** - Next, in a counterclockwise motion, twist and pull the clear plastic cap from the end of the syringe. Place the mixing nozzle on the end of the syringe and secure by twisting the mixing nozzle in a clockwise motion.

**2 - Place a SMALL amount of gel in each tray's tooth compartment** - Place smaller drops for smaller teeth and a slightly larger drop for larger teeth.

**3 - Each syringe has 6 calibrated treatment doses. Use up to one dose per tray application.**

**4 - Dry off your teeth and place the trays in your mouth.**

**5 - Remove excess gel with your fingers or a dry toothbrush** - There should be very little extra gel. When inserting the trays, be careful not to push the gel out, but be sure the trays are completely seated. You may see "bubbling" within your trays while wearing them. This bubbling is actually a part of the whitening process due to the hydrogen peroxide. Wear for 1 to 2 hours.

**6 - After whitening, remove and rinse the trays with cold water - DO NOT USE HOT WATER** - If necessary, use a toothbrush to remove any residual gel, place the trays in the storage case and store them in a cool, dry place. Be sure to rinse and brush extra gel from the teeth.

**7 - Bleach once a day for at least 1 to 2 hours depending on sensitivity** - During your next appointment, we will discuss whether or not to continue the bleaching process.

After bleaching, your teeth are very susceptible to staining - please refer to the other white card given to you regarding what foods and activities are acceptable and which are not. Please refer to the contact information on the other side of this card if you have any questions or concerns!