



ZOOM Whitening Instructions

In preparation for your upcoming appointment:

1. For maximum results, you should have had a dental cleaning 6 months or less before treatment with no dental decay
2. Use Sensodyne toothpaste for two weeks prior to your appointment
3. Take Motrin two hours prior to your appointment

What to expect the day of your appointment:

1. We will first take an impression of your teeth to make trays for post-treatment, at home whitening
2. We will prep your teeth and gums for treatment. We use a topical barrier to cover your gums and aloe for your lips/skin. A plastic retractor will be placed in your mouth to keep it open.
3. When it is time to whiten, we will cover your eyes for protection. Each light treatment lasts 15 minutes.
4. Whitening cycles will be repeated (up to 4) at this visit as needed
5. We will send you home with trays and an at home whitening kit

What to expect following treatment:

- During the first 24 hours following treatment you may have tooth sensitivity or pain. You can take Motrin.



*Please plan for up to two hours for this appointment!
We look forward to giving you a brighter, whiter smile...*

