

Zoom Post-Operative & Home Bleaching Instructions

In 2 to 3 days:

After thoroughly brushing and flossing, take your clean bleach trays and apply a continuous stream of gel into each tray. Place each tray into your mouth and wear them for 30 minutes. Expectorate any excess bleaching gel into sink. *Do not swallow bleaching gel.*

After bleaching, rinse your mouth and trays thoroughly with water. Mild sensitivity is normal. If you experience sensitivity to your teeth use slightly less gel or shorten the length of time for each bleaching session.

Do not eat or drink anything but water for 1 hour after bleaching as not to re-stain your teeth.

To maintain whiteness, you may bleach periodically.

Please do not use the bleach if you are pregnant or lactating.

Please contact our office if you have any questions or when it is time for refills.