

TOOTH WHITENING- A PATIENT'S GUIDE

Congratulations on your future brighter smile!!!

The following is a list of expectations, sensations, feelings, and important information necessary for the entire Zoom experience-before, during and after the procedure. Teeth and tissues must be clean and healthy. This means that a prophylaxis hygiene appointment (dental cleaning) must precede or have preceded the Zoom visit by a period of time determined by the hygienist or the doctor.

The time set aside for the Zoom bleaching procedure is two hours. Plan on being in the dental office for two hours. This time is 100% devoted to the procedure. You will be sitting in a reclined still position for exactly three twenty-minute periods. Our Sony Glasstron DVD glasses are available for movie viewing or our CD player/headphones can be worn for your listening pleasure during the procedure. Feel free to bring in movies or Cds. The procedure itself includes the isolation of the teeth, prepping of the gum and lip tissues and the retraction of the cheeks. Then a bleaching agent is painted onto the teeth and a special ultra-violet light is used to activate the process.

During the procedure the teeth and gum areas can experience a very warm feeling. To ease this feeling two Advil are taken before the treatment begins. Special protective glasses are worn and if a movie is to be watched, the Glasstron is placed over these protective glasses.

At any time during this procedure you, the patient, can signal the hygienist to end the session. This signal will be discussed prior to beginning the treatment. It is very important to know that it takes up to 45 seconds to remove all of the barrier products from the mouth, so please be patient.

ONE MUST NEVER REACH INTO HIS/HER MOUTH FOR ANY REASON- THE BLEACHING AGENT IS CAUSTIC AND MUST BE HANDLED BY A PROFESSIONAL.

Upon completion of the procedure, the teeth will feel a little sore and sensitive. This feeling varies from patient to patient and subsides over the first few hours or days after the Zoom treatment.

Post bleaching instructions will be given to each patient by the hygienist. Please feel free to ask questions. It will be best to fully discuss the procedure BEFORE it begins.

ZOOM Post Bleaching Instructions

Congratulations on your brighter smile!!!

Upon completion of the procedure today, your teeth will feel a little sore and sensitive. This feeling varies from patient to patient and subsides over the first few hours or days after the Zoom treatment.

What to do this evening:

To help reduce any post-treatment sensitivity, we recommend that you wear the customized trays this evening with the Relief fluoride gel. Apply a small amount of the gel in the top and bottom trays and wear for 1-2 hours this evening.

What to do for the next 3-5 days:

We recommend, as much as you can, to avoid "staining" substances for 1 week. This includes: red wine or dye colored drinks, coffee, smoking, etc. . .

The customized trays should be worn for 1-2 hours per day for 3-5 days and filled with the bleaching gel that was given to you in the take-home touch up kit. Only a small amount of gel is needed in each tray.

The remaining gel in the Zoom take-home touch up kit and the trays can be stored away. On average, one or two applications every 3-6 months (or before a big event that you have planned) will maintain a whiter smile for years.

Any questions, please call our office.