



Pre- and Post-Operative Instructions for Zoom Whitening

*****PLEASE READ ALL INSTRUCTIONS CAREFULLY*****

Pre-treatment instructions:

1. Brush with sensitive toothpaste 10-14 days prior to appointment date 2x/day.
2. If you typically have very sensitive teeth, apply a small amount of Relief ACP gel into your custom whitening trays and wear it for 30 minutes prior to your appointment on the day of treatment.
3. Take 600mg ibuprofen (with food) 30-60 minutes prior to your appointment time.
4. Bring your custom whitening trays to your appointment.

Post-treatment instructions:

1. Wear the custom whitening trays with the Relief ACP gel for 30 minutes after treatment.
2. Do not eat or drink anything staining (i.e. wine, coffee, etc.) for 2 hours post treatment.
3. Continue brushing with sensitive toothpaste for 10-14 days.
4. For touch-ups: you can periodically use Phillips Zoom! DayWhite whitening gel at home in your whitening trays for 30 minutes a day for up to two weeks, or until you have achieved your desired whitening result.

CONTACT US

It is our desire that your recovery be as smooth and pleasant as possible. Please call our office at anytime if you have questions or concerns. If it is after normal business hours, please leave a voicemail or send us a text message. There is always a doctor on-call who can help you. If it is late in the evening, please proceed to the nearest Emergency Room if you are concerned about emergent symptoms like swelling, high fever, severe pain, or severe allergy.

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