



## ***Zoom!2 Advanced Whitening Instructions***

### **Pre-Op**

1. Use Control Rx fluoride toothpaste 2 times per day for 2 weeks prior to your ZOOM! procedure. Use the Control Rx in place of your daily toothpaste. Brush with the control Rx for 2 minutes. Do not eat or drink for 30 minutes following the Control Rx fluoride treatment. this really helps to prevent any sensitivity.
2. You will not be able to eat or drink anything with color for the first 48 hours following your ZOOM! appointment. For example: coffee, tea, cokes, mustard, ketchup, tobacco, red wine, red sauces, blueberries etc...
3. Please bring your bleaching trays with you to your ZOOM! appointment if you already have them.

### **Post-Op**

1. Prior to putting in trays, brush teeth with toothpaste, floss and dry teeth. Make sure bleaching trays are completely dry.
2. Place one tear drop size drop of whitening solution in tray in the front surface of each tooth to be whitened.
3. Place in mouth once per day. DO NOT EXCEED 1 HOUR per applications with Nite White 22%.
4. Brush teeth with Control Rx after you remove bleaching trays. Do not eat or drink for 30 minutes after brushing with the control Rx.
5. For 48 hours, DO NOT eat or drink anything with color. For example: coffee, tea, cokes, mustard, ketchup, tobacco, red wine, red sauces, blueberries etc...
6. Use the Nite White touch up kit at least once a month or as desired.