

# Pre and post Zoom instructions

## Pre Zoom treatment

- **Use Tooth Mousse nightly:** Apply to teeth with finger and use your tongue to smear around all teeth. Spit out the excess but don't rinse with water. Try to leave on your teeth overnight.
- **Use a sensitive toothpaste:** It is recommended to replace your normal toothpaste with a sensitive toothpaste before and immediately after whitening.

	Days before Zoom					Zoom!	Days following Zoom		
	4	3	2	1	1		2	3	
<b>Tooth Mousse</b>					Do not use				
<b>Relief Gel</b>	-	-	-	-	-	If required	If required	If required	
<b>Sensitive Toothpaste</b>									

## Immediately following Zoom

- Avoid eating or drinking coloured food / drinks (water only if possible) for three hours. Your teeth are most susceptible to staining at this time. Try to avoid heavily coloured foods or drinks for upto three days after Zoom.
- Use Tooth Mousse regularly.
- Use Relief gel as required (if you get any sensitivity).  
Dispense a small dot of relief gel into each tooth in your whitening trays and wear for 30-45 minutes each day or night. After removing the trays, brush trays with a toothbrush and cold water - not toothpaste.
- Foods to avoid: Red wine, coffee, coloured drinks, tomato pasta sauce, dark chocolate, licorice - anything that would stain a white shirt, could stain your teeth!
- After the initial whitening period it is recommended to only re-whiten every 6-12 months. Subsequent whitening may only take 3-4 days to achieve the desired result.

If you have any further questions please don't hesitate to call us on (08) 82729087