



NOSE
CREEK
DENTAL
CENTRE

Congratulations on completing the Zoom 2 Whitening Experience.

In order to maintain the results you have achieved, there are a few maintenance tips you are required to know.

For the next 3 nights, use the NITE WHITE ACP(22% Carbamide Peroxide in the small black box) as follows :

- a) Floss and brush your teeth. Twist off the clear plastic cap from the syringe and replace with mixing nozzle.
- b) Place a “teardrop” amount of gel in each tooth compartment in the tray. Each syringe has 6 treatment doses.
- c) Place the tray with the gel in your mouth.
- d) Remove excess gel with your finger or dry toothbrush. When inserting the tray, be careful not to push the gel out of the tray.
- e) After whitening, remove and rinse the trays with cold water. If necessary use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place.
- f) Rinse and brush excess gel from the teeth.
- g) Place tip cap on syringe nozzle after each use to avoid potential product leakage.
- h) Continue good oral hygiene throughout the treatment.
- i) Store any remaining whitening gel in a cool dry place for later use once the process is complete. Do not freeze.

For Optimum Results: the treatment should go uninterrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine, tobacco, berries or coloured sauces, soy sauces, ketchup and mustards.

At any time that you experience sensitivity, you can use a small drop of Relief gel by placing it into your whitening trays in the corresponding areas for a period of 30 minutes. Prolonged sensitivity may be treated with desensitizing toothpaste.

Once a month follow these instructions with the supplied tubes of whitening gel for maintenance. Wear the trays for half an hour twice during that day.

If you have any concerns, please do not hesitate to contact our office at (403)948-6684.

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