



## Teeth Whitening Instructions & Care

Please read before first use

Philips Zoom 14%

1. **Floss and brush your teeth.** Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.
2. **Place a small “teardrop” amount of gel in each tooth compartment** in the tray of the teeth that you will be bleaching in your smile line.  
\*If you have small teeth, use a smaller “gel drop.” If you have larger teeth, use a slightly larger drop. Once trays are loaded, place the cap back on the gel tube to reduce waste of material. Place the trays in your mouth. If you see within your tray the material “bubbling” that is normal, that is part of the whitening process.
3. Keep gel away from the gums, remove any excess gel with your finger wrapped with a wet wash cloth. And note for self at the next application reduce the gel drop size.
4. **Wear the trays for 30 minutes once daily.**  
Try to bleach every-other day, for a few weeks until you get to the desired shade. Once you have reached your desired shade, you will then bleach as “maintenance”. As you pick up stain from tea, pop, wine, etc... you could bleach as needed to maintain desired shade.  
If you are experiencing sensitivity, bleach every 3-4 days. If sensitivity persists call the office. We have a product available for purchase called Relief gel that can alleviate sensitivity.
5. **After whitening, remove and rinse the trays with cold water.** Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. **Place the trays in the storage case, and store them in a dry, cool place.**
6. Store at controlled room temperature 59° F-77° F; do not refrigerate or freeze. Avoid exposure to sunlight or heat. Product effectiveness is reduced after being open for more than 1 month.