



ZOOM TAKE-HOME WHITENING

How long do I whiten for?

Apply whitening gel in your personalised whitening trays once a day for 45 minutes. If your teeth are not too sensitive during this period, you can choose to leave them on for up to 90 minutes.

When is it best to whiten?

Your Oaks Dental Zoom Take-Home Whitening Gel is designed for daytime wear only. Do not wear them to sleep! Doing so may cause damage to your gums.

The best time to whiten your teeth is immediately after brushing your teeth. After whitening, rinse with water, but avoid brushing your teeth immediately after.

How to apply the gel

Apply a small amount of whitening gel (about the size of a match stick head) to the inside of your personalised trays, on the front surface and in the centre.

You only need to apply the gel for 8-10 teeth, or up until the premolars (middle teeth).

Wipe off any excess with a paper towel or cloth, especially any on the gum area. After whitening, wash the gel off the trays with cold water. Avoid hot water as this may distort the trays.

Food and drink

Maintain a 'beige' coloured diet during your whitening process. Examples include milk, plain yoghurt, rice, white fish or turkey breast, white cheese, potatoes (peeled), and cauliflower. Continue this diet for a minimum of two days after you stop whitening.

Avoid any food or drinks that may cause excessive staining. Examples include Coke, soy sauce, tea, coffee, tomato sauce, curry, and turmeric. Drink any darker drinks through a straw

Sensitivity during whitening

Use sensodyne toothpaste if your teeth become sensitive to the whitening gel. Apply the toothpaste into your personalised clean trays at night, and wear them to bed. For extra sensitivity, use additional 'Tooth Mousse Plus' if needed.

You can also choose to reduce the whitening time for each application, or skip or alternative whitening days.

We can't wait to see your results in 2-3 weeks!