



After Care Instructions for Zoom Teeth Whitening



As with most whitening systems, it is common to experience some sensitivity, particularly on the first night.

You may need to take medication for pain relief on the day of your appointment if necessary. The sensitivity should have largely subsided by the next day.

To reduce post-operative sensitivity and rehydrate the enamel, it is recommended that you apply GC Tooth Mousse/Plus Crème to your teeth.

Any mottling or translucency that occurs on the tooth surfaces is normal, due to dehydration of the enamel and will blend and disappear over the next 7 days.

INSTRUCTIONS FOR “TOOTH MOUSSE”

- Using a cotton bud, or your finger, apply a generous layer of the mousse to the front surfaces of the teeth.
- Leave undisturbed for 20 minutes. Do not rinse for 30minutes afterwards
- Use twice daily for 5 days.
- Tooth Mousse is a milk derivative and is non-toxic and is safe to swallow.
- If you have any concerns please call us on 49985572.

AVOID

- ❖ Staining foods, coloured drinks and tobacco soon after the whitening process.

Teeth may need an annual ‘touch up’ whitening treatment, depending on your lifestyle and how well your teeth hold the colour. Additional touch up syringes of whitening gel are available from Ooralea Dental Care if required.

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