

Zoom recommendations

Here are some guidelines for getting the most out of your Zoom whitening ...

Pre Zoom

Five days before treatment, apply GC Tooth Mousse twice daily. Place the mousse directly onto the teeth, or use a mouth tray. This will help to reduce sensitivity.

Stop using the GC Tooth Mousse 24 hours prior to the procedure.

After Zoom

After the Zoom procedure, apply the mousse twice daily for three to five days, as required.

If you experience sensitivity, take two paracetamol tablets prior to going to bed. (We recommend paracetamol, rather than ibuprofen, as paracetamol is safer for the majority of patients and doesn't produce photosensitivity reactions.)

To maintain results

Your teeth will be more susceptible to staining for 48 hours following treatment.

To maintain results, avoid any potential staining agents for at least 48 hours. For example:

- any strong-coloured food or drink
- tea & coffee
- cola
- red wine
- dark fruit juice
- licorice and other dark sweets
- tobacco
- dark sauces, such as soy, tomato, Worcestershire
- berries, cherries, dark grapes, etc.
- beetroot, spinach, etc.
- curries
- striped toothpaste-use a white toothpaste
- mouthrinse

See also ...

- Caring for your new smile

- Lip care & lipstick