



Dr. Veena Ammal D.D.S.

“Enriching your lifestyle”

Post-operative Instructions for Philips Zoom! Patient Care and Maintenance

Instructions for Post Care – Relief ACP

1. INDICATIONS FOR USE

Relief of tooth sensitivity caused by thermal or chemical stimuli, periodontal conditions and/or gum recession.

2. APPLICATION INSTRUCTIONS

- Brush teeth and rinse
- Place small amount into each tooth compartment of tray
- Normal wear time 10-30 minutes

3. WARNINGS

- Keep out of reach of children
- See dentist if tooth sensitivity persists or worsens
- Do not use for longer than 4 weeks unless recommended by dentist

Instructions for Whitening Maintenance

1. Application Instructions

- Floss and brush teeth
- Twist and pull off clear plastic cap in counterclockwise motion
- Place mixing nozzle on syringe and secure by twisting in clockwise motion
- Place small drop of gel in each tooth compartment of tray

Important: *Overloading trays with gel may cause temporary gum irritation; a little gel goes a long way.*

- Place tray with gel in mouth. “Bubbling” within tray is normal.
- Remove excess gel with cotton swab or dry toothbrush
- Remove mixing nozzle from syringe and replace with cap for storage after use to ensure ingredients in each side of barrel stay separate
- Rinse trays with cold water. If necessary, use toothbrush to remove residual gel. Place trays in storage case in cool dry place.
- Rinse and brush teeth to remove excess gel

Notes: *Do not eat, drink or smoke while wearing trays. Area of tooth closest to gums may take longer to lighten than biting edge. It is normal to see dark colors in trays where you have amalgam (silver) fillings. Gel oxidizes surface stains on amalgam fillings.*

2. Recommended Wear Time

Overnight-Most patients will achieve optimal results within 1–2 weeks. Most patients will achieve optimal results within 2 weeks.

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3. Sensitivity

- Patients more susceptible to sensitivity are those with exposed root surfaces and dentin, defective restorations, oral tissue injury and/or periodontal disease
- Some patients may experience increased tooth sensitivity to cold during treatment or have non-specific sensitivity in teeth, gums, tongue, lips, or throat. Symptoms should subside within 1-3 days after interrupting treatment.

4. Storage Instructions

Store between 10°C –20°C (50°F – 68°F) in a dark, dry place. Storage temperature above 20°C (68°F) will result in reduced shelf life.

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