



Take-home whitening has never been easier.

Treatment Time

Zoom NiteWhite — Optimal results within one week

- 10%, 16% (CP) overnight or four to six hours
- 22% (CP) one to two hours nightly

Zoom DayWhite — Optimal results within two weeks

- 9.5% (HP) 30 minutes, twice daily
- 14% (HP) 15 minutes, twice daily

Post-Treatment

- Avoid staining foods, drinks and tobacco for two hours after each treatment.
- Continue good oral hygiene and stay current on your regular dental appointments. In addition, the use of a Philips Sonicare toothbrush, like DiamondClean will help prolong the benefits of your whitening treatment.
- Store any remaining whitening gel in a cool dry place for later use. There is no need to refrigerate.

Expectations and Optimal Results

Results vary by patient. Anatomy, age, tooth condition, hygiene and starting shade heavily impact results. You should have realistic expectations about the final results.

Potential Adverse Effects

Sensitivity

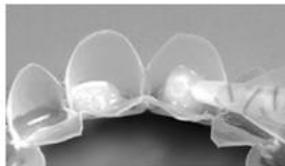
Some patients may experience increased tooth sensitivity. Symptoms should subside within one to three days. If sensitivity continues, try whitening every other day or ask your dentist for a lower-concentration gel.

Gingival Irritation

Trays that extend onto the gingiva (gums) may cause soft tissue irritation. If the trays extend over your gums, have your dentist trim them.

APPLICATION INSTRUCTIONS

1. Brush and floss your teeth.
2. In a counterclockwise motion, twist off the clear plastic cap from syringe.
3. Twist the mixing cap clockwise to lock on the end of the syringe.
4. Place a small amount of gel in each tooth compartment of the tray where the outside of your teeth show (as shown to the right).
5. Gently insert loaded tray into your mouth.
6. Align tray with front teeth and then back.



7. Tap each tooth lightly to apply gel to tooth, pushing out bubbles.
8. Remove any excess gel along gum lines.
9. Replace the top of the syringe with cap.
10. Store syringe in a cool place until next use.
11. Wear trays for the recommended time.
12. After whitening, rinse trays under cold water.
13. Use a toothbrush to remove any excess gel.
14. Dry trays and place them back into case.
15. Brush your teeth and rinse mouth.