



**ARTISTIC WORKS**  
**DENTISTRY**

## ZOOM WHITENING

Zoom in-office tooth whitening is a procedure designed to whiten the shade of your teeth using a combination of a hydrogen peroxide gel and a specially designed visible LED light lamp. The Zoom treatment involves using the gel and lamp in conjunction with each other to produce maximum whitening results in the shortest possible time. During the procedure, the whitening gel will be applied to my teeth and my teeth will be exposed to the light from the Zoom lamp for approximately three to four 15-minute sessions. There is an optional fourth session for those with dark stains. During the entire treatment, a plastic retractor will be placed in my mouth to help keep it open and the soft tissues of my mouth (i.e., my lips, gums, cheeks and tongue) will be covered to ensure they are not exposed to either the gel or light. The patient will be provided a visible LED light filter for my eyes. After the treatment is completed, the retractor and all gel and tissue coverings will be removed from my mouth. Before and after the treatment, the shade of my upper-front teeth will be assessed and recorded.

### Prior to treatment:

- A week prior to whitening appointment, brush with sensitive toothpaste such as Fluoridex, which can be purchased at Artistic Works Dentistry.
- The day of your whitening, take 2 Ibuprofen prior to coming in for the in office whitening. Some patients, but not all, do experience sensitivity, but ibuprofen will help.
- Eat before as to avoid eating 2-3 hours following treatment.

### Post treatment:

- Do not consume food or beverages that can stain a white shirt (red wine, marinara sauce, coffee, etc.) for the first 48 hours following treatment. We would also recommend avoiding really hot or cold food/drink for 24 hours due to the risk of sensitivity.

**Ask us about our White For Life Program!**

# CUSTOM WHITENING TRAY

Custom whitening trays are our take-home option. You cover your teeth with the take-home trays for as little as 30 minutes a day. The clinical-strength gel in the trays contain a lower dose of the whitening solution than we use during the in-office visit to reduce the opportunity for irritating your teeth and gums. We customize the trays to fit your teeth. The precise fit of the trays provide a better result than you would get from an over-the-counter whitening option. While the take-home process requires more time than an in-office treatment, similar results can be obtained. Your teeth will be whiter and your smile brighter!

## Whitening Instructions:

- You will be fitted for your custom whitening trays.
- Schedule an appointment to pick up your trays and syringes three business after the impression are taken.
- The trays are to be worn up to thirty minutes a day, twice daily, depending on the concentration of hydrogen peroxide. Be sure to read instructions on the label.
- Optimum results in two weeks!

**(713) 647-6453**

**[www.artisticworksdentistry.com](http://www.artisticworksdentistry.com)**

*Our mission is 'To assist others in achieving optimal dental health by providing high quality services that proved long term oral health'.*