

SKINDUSTRY™ TREATMENT CARE

TEETH WHITENING

Following your treatment, Skindustry™ recommend that you follow all aftercare to ensure the best results possible.

Pre Treatment Care

- Please ensure that teeth are thoroughly brushed before coming for treatment.

Aftercare

After your Zoom! treatment please follow a few guidelines to help maintain the look of your new smile. Everyone's teeth have a protective layer called the protein pellicle. This layer contains the surface dental stains and is removed during the treatment. It takes twelve to twenty four hours for the barrier to fully develop again. During this period we ask you to avoid the items listed below.

Use the general rule for the next 48 hours:

"Avoid eating or drinking anything that would stain a white shirt".

Don't consume the following items for 48 hours:

- Red wine
- Coffee or Tea
- Red sauces
- Soy sauce
- A-1 Sauce
- Dark colas
- Berries
- Mustard or Ketchup
- Tobacco Products

If you feel that you may be experiencing any side effects, are unsure about anything, or if you are uncertain with the results, please do not hesitate to contact Skindustry™ so we can resolve any issues. Skindustry™ will arrange a follow up appointment 2 weeks after treatment where any adjustments will be made.

Standard Home Whitening

The trays should be worn twice a day for 30 minutes at a time. These sessions can be performed sequentially.

Before whitening:

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- Brush your teeth thoroughly for 2 minutes with your normal toothpaste, wait 15 minutes
- Prepare your tray by placing a little of the whitening gel in front of each of the reservoirs
- Place the tray in the mouth and ensure that it is well seated
- Remove the excess bleaching gel with a cotton bud or tissue
- Do not swallow any excess material

After whitening

- Take the tray out and rinse the mouth with water
- Brush with your normal toothpaste
- Clean the tray in cool water
- Leave in open box to air dry during day
- Do not eat or drink anything coloured for 30 minutes after whitening

If sensitivity occurs:

- If sensitivity should arise during bleaching, place de-sensitising toothpaste into the tray and place in mouth for 30 minutes

Please contact the Skindustry™ if you have any other concerns or queries.