

# DAN P. HILTON, D.D.S.

## INSTRUCTIONS FOR IN OFFICE POWER BLEACHING USING ZOOM ADVANCED POWER TOOTH WHITENING

1. PRE-TREATMENT REGIMEN To insure your comfort during the bleach office visit we recommend wearing custom bleach trays filled with an office dispensed fluoride desensitizing solution in advance of this procedure on the following time scale:

- a. Three consecutive nights prior to the procedure wear the fluoride solution in both upper and lower trays throughout your sleeping hours.
- b. Repeat the same regimen with the fluoride solution 30 minutes prior to the in office bleach procedure.

2. THE PROCEDURE Just relax and we will perform the procedure. The use of noise reduction stereo headphones or listening to television will assist you in passing the time. The procedure usually takes approximately one hour fifteen minutes.

3. POST-TREATMENT REGIMEN To continue to insure your comfort we suggest you again use your custom bleach trays with the fluoride desensitizing solution immediately following the bleaching procedure, for 30-60 minutes duration. That evening, following the procedure, wear the fluoride solution in the trays throughout your sleeping hours. If any sensitivity were to continue into the following day repeat the overnight usage of the fluoride into the custom bleach trays.

4. FOLLOW UP HOME BLEACHING This process may begin 48 hours after the in office bleaching procedure. Refer to the take home sheet BLEACHING TEETH OUTSIDE OF THE DENTAL OFFICE for instructions.

As with all of our bleach techniques, feel free to call our office at anytime if questions or concerns arise.