



D R . L A U R A F O X
FAMILY DENTISTRY

Zoom! In-Office Tooth Whitening

What is Zoom! Tooth Whitening?

Zoom! is a whitening process that lightens discoloration of enamel and the underlying layer called dentin.

What causes tooth discoloration?

There are many causes. The most common include aging and consumption of staining substances such as coffee, tea, colas, tobacco, red wine, etc. During tooth formation, the consumption of tetracycline, other antibiotics or excessive fluoride may also cause tooth discoloration.

Who may benefit from tooth whitening?

Almost anyone. However, treatment may not be as effective for some as it is for others. Your dental professional can determine if you are a good candidate for this procedure through a thorough oral examination, including a shade assessment.

Do many people whiten their teeth?

More people than you might imagine. A bright, sparkling smile can make a big difference for everyone. The Zoom! Whitening System makes it easier and faster than ever before.

Is whitening safe?

Yes, extensive research and clinical studies indicate that whitening teeth under the supervision of a dentist is safe. In fact, many dentists consider whitening the safest cosmetic dental procedure available. As with any tooth whitening product, Zoom! is not recommended for individuals under 16 years of age and pregnant or lactating women.

How long do the results last?

By following some simple post-whitening care instructions, your teeth will always be lighter than they were before. To keep your teeth looking their best, we recommend flossing, brushing twice daily, regular professional cleanings and occasional touch-ups with take-home whitening gel. This is a professional formula product designed specifically to keep your teeth their brightest and is available only through your dental professional.

Is there any difference between over-the-counter tooth whiteners and Zoom!

Yes! Consulting your dental professional is always the first step to whitening your teeth safely. Plus, over-the-counter tooth whitening strips, brush on gels and toothpastes take weeks or months to whiten your teeth just a few shades. Zoom! is clinically proven to whiten your teeth an average of eight shades in one hour. Only your dentist can get your teeth this white, this fast.

How does the Zoom! In-Office System work?

The Zoom! light-activated whitening gel's active ingredient is hydrogen peroxide. As the Hydrogen Peroxide gel is broken down, oxygen enters the enamel and dentin, bleaching coloured substances while the structure of the tooth is unchanged. The Zoom! light aids in activating the Hydrogen Peroxide and helps it penetrate the surface of the tooth.

What does the patient experience during the Zoom! In-Office procedure?

During the procedure, patients may comfortably listen to music. Many actually fall asleep. Individuals with a strong gag reflex or anxiety may have difficulty undergoing the entire procedure.

Are there any side effects?

Some people experience temporary increased tooth sensitivity to cold during treatment. These symptoms disappear within 1-3 days after completing the treatment.

How is exposure to the Zoom! light controlled?

The Zoom! procedure requires that all soft tissue in and around the mouth be protected. The dental hygienist monitors the procedure to ensure any exposed skin or tissue is isolated and protected. Protective eyewear is required during the procedure. Light sensitive individuals including those undergoing PUVA or other photo-chemotherapy, as well as patients with melanoma, should not undergo the Zoom! In-Office procedure. Also, patients taking any light sensitive drugs or substances, whether over-the-counter, prescription or homeopathic, should consult their primary physician prior to the procedure.

How long does Zoom! In-Office Whitening take?

The complete procedure takes just over an hour. The procedure begins with a preparation period followed by one hour of whitening. A five minute fluoride treatment completes the procedure. A professional cleaning to remove any surface build-up or stains is required at least three weeks prior to the actual Zoom! Whitening session.