



# Teeth whitening

Achieve professional results from the comfort of home

## Philips Zoom! home teeth whitening kit

Your home whitening kit includes custom-made whitening trays and Philips Zoom! DayWhite professional whitening gel.

## Safely whiten your smile

If you follow these instructions carefully, home teeth whitening is very safe and won't affect the health of your teeth.

Whitening your teeth at home allows you to build up the whiteness to your perfect shade.

While whitening toothpastes can improve the appearance of surface stains, professional whitening gel tackles stains deep below your enamel for a whiter, brighter smile.

To maintain your results, visit your dentist and hygienist for regular check-ups and follow a good oral hygiene routine.

Under the guidance of our team, you can repeat your whitening treatment every few months to maintain your results.



## Foods and drinks to avoid for whiter teeth

To help your teeth stay whiter for longer, consider avoiding foods and drinks that can cause stains.

Common culprits include highly pigmented foods and drinks such as red wine, coffee, cola, curry, tomato-based sauces, beetroot, soy sauce, balsamic vinegar and berries.

Rinsing your mouth with water after eating or drinking can also help.



## Dentist-led whitening

*Only registered dentists or dental therapists, dental hygienists or clinical dental technicians working to the prescription of a dentist can legally provide teeth whitening treatments*

Philips Zoom! DayWhite is a **convenient** and **effective** way to whiten your teeth. Wear your trays for 30 to 90 minutes a day to see sparkling results in two weeks.



## How to whiten your teeth

- Brush and floss your teeth as usual
- Twist off the clear plastic cap from the syringe of whitening gel and fit the mixing nozzle
- Squeeze a small drop of gel into each compartment of the whitening tray
- Place the whitening tray over your teeth
- Remove any excess whitening gel from your gumline with some wet tissue or a cotton bud
- ‘Bubbling’ within the tray is part of the whitening process
- You can whiten your teeth for up to 90 minutes a day
- Afterwards, rinse your whitening trays in cold water (hot water could damage your trays!)
- Rinse your mouth with warm water and wait at least 30 minutes before brushing
- Avoid foods and drinks that could stain your teeth and tobacco products for 30 minutes after each treatment
- Repeat your whitening treatment every day for two weeks for optimal results

## We're here to help

If you have any questions about whitening your teeth, please contact our friendly team.

Results can vary, so please get in touch if you have any concerns.

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