



**PHILIPS**

**ZOOM!**

Teeth whitening



Love your  
**smile**

Philips Zoom! Take-Home Whitening

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[www.philips.co.uk/zoom](http://www.philips.co.uk/zoom)



Getting started with  
your Philips Zoom!  
at home teeth whitening



What you will find in your kit:

- Custom-fitted whitening trays
- Whitening gel syringes
- Reusable mixing tips
- Tray storage case
- Shade guide
- Patient Instructions

### Step 1:

Assemble your syringe

In an anticlockwise motion, unscrew the clear plastic cap from the syringe and remove.

Take one of the small mixing nozzles, which you will find within your whitening tube pack. Push the mixing nozzle on to the end of the syringe and twist clockwise to lock it in. Finally, remove the rubber tip.

### Step 2:

Put the gel in the whitening tray

Place a small amount of gel (rice grain sized) along the front edge of each tooth compartment of your whitening tray. Do not overfill the tray.



### **Step 3:** Prep your mouth

Floss and brush your teeth before starting your whitening treatment. Moments before you put the tray in your mouth, dry your teeth thoroughly.

### **Step 4:** Wear your tray

Place the tray with the gel in it in your mouth, so the tray fits comfortably around your teeth. Bubbling within the tray is normal.

If there is excess gel, wipe this away with a cotton wool bud or tissue.

Leave your whitening tray in place for the amount of time advised by your dentist.

*Note: Do not eat, drink or smoke while wearing your whitening trays.*

### Step 5:

After the advised wear time is up

Rinse and brush your teeth to remove excess gel.

### Step 6:

Storing your whitening kit

Once you've finished placing the whitening gel in your trays, remove the mixing nozzle from the syringe and replace it with the clear plastic cap.

Rinse your whitening trays with cold water, using a toothbrush to remove any residual gel if needed. Place your trays in the storage case.

Return your whitening trays and syringes to the bag and store ready for your next use.



## Recommended Wear Times:

### Philips Zoom! NiteWhite

**Formulation:** 10% or 16% Carbamide Peroxide

**Wear time:** Overnight or 4-6 hours

**Results:** Optimal results within 1-2 weeks

### Philips Zoom! DayWhite

**Formulation:** 6% Hydrogen Peroxide

**Wear time:** 60 minutes, once daily

**Results:** Optimal results within 1-2 weeks