




PHILIPS ZOOM!

NiteWhite | DayWhite

 Patient Instructions

PHILIPS

Manufacturer:
Discus Dental, LLC
Los Angeles, CA 90094
philipsoralhealthcare.com
© Discus Dental, LLC. All rights reserved.
Philips is a registered trademark of
Koninklijke Philips Electronics N.V.
Zoom is a registered trademark of
Discus Dental, LLC.



19-300 0908 | 1

English

Patient Instructions for Philips Zoom NiteWhite and DayWhite Take-Home Whitening Products

Take-home tooth whitening kits allow patients to experience whiter teeth via a simple, safe and fast process.

1. KIT CONTENTS

- Custom-fitted whitening trays (made by your dentist)
- Whitening gel syringes
- Reusable mixing tips
- Tray storage case
- Shade guide
- Patient instructions

Zoom NiteWhite (ZNW) & Zoom DayWhite ACP (ZDW) syringes comes in one size:

- Multi-dose (2.4mL for 3 dual-arch applications)

2. INDICATIONS FOR USE

The enclosed product is a tooth whitening gel for use in lightening the color of natural teeth. ZDW is for shorter day-wear usage, while ZNW is for longer wear (overnight). Product should only be dispensed by or on the order of a dental professional. Before any whitening procedure, a consultation with a qualified dentist is recommended to ensure no underlying oral or health issues.

3. CONTRAINDICATIONS

Current research has not evaluated the possible effects of whitening procedures on all patient types. Philips recommends the following whitening candidates consult their medical doctor before use:

- Pregnant and lactating mothers
- Those currently treated for a serious illness e.g. immune compromised, AIDS, etc.
- Products containing peroxides are not recommended for use by children under 13 years of age.

4. FIRST AID INSTRUCTIONS

- For advice, contact a Poisons Information Center or a doctor at once.
- If swallowed, do not induce vomiting.
- If gel gets into eyes, hold eyelids apart and flush the eye continuously with running water for at least 15 minutes.
- If clothing, skin or hair contact occurs, remove contaminated clothing and flush skin or hair with running water.

5. SAFETY DIRECTIONS

- Wear suitable protective clothing and eye protection.
- Keep out of reach of children.

6. PRECAUTIONS

- Avoid exposure of hypersensitive teeth to the whitening gel.
- Syringes may be under slight pressure, remove cap safely.
- Avoid contact of the product with the eye. Irritant and risk of serious damage to the eyes.
- Harmful when swallowed.
- Do not use household products to whiten teeth.
- Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow.

7. APPLICATION INSTRUCTIONS

- Floss and brush your teeth.
- In a counterclockwise motion, twist off the clear plastic cap from the syringe.
- Twist the mixing tip clockwise to lock on the end of the syringe.
- Place a small amount of gel in each tooth compartment in the tray (Diagram 1, inside cover). The gel drop shown represents the average size drop for each tooth compartment (Diagram 2, inside cover), depending on the size of your teeth.

Important: Overloading trays with gel may cause temporary gum irritation.

- Place tray with gel in your mouth (Diagram 3, inside cover). As you insert tray, be careful not to push gel out of the tray. Bubbling within trays is normal.
- Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush.
- Once finished placing gel in trays, remove mixing tip from syringe and replace with clear plastic cap. This ensures ingredients in each side of the barrel stay separate for maximum effectiveness.
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel. Place trays in storage case and store in a cool dry place.
- Rinse and brush teeth to remove excess gel.

Notes:

- Do not eat, drink or smoke while wearing your custom trays.
- It is normal to see dark colors in trays where you have amalgam (silver) fillings.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

8. TREATMENT TIME

Formula / Concentration	Recommended Wear Time
Zoom NiteWhite	
10%, 16% (CP)	overnight or 4-6 hours
22% (CP)	1-2 hours
	optimal results within 1 week

Zoom DayWhite

6%, 9.5% (HP)	30 minutes, twice daily
14% (HP)	15 minutes, twice daily
	optimal results within 2 weeks

*Not available for distribution in all countries.

CP: Carbamide Peroxide – **HP:** Hydrogen Peroxide

9. EXPECTATIONS AND OPTIMUM RESULTS

- Results vary by patient. Anatomy, age, tooth condition, hygiene and starting shade heavily impact results.
- You should have realistic expectations about the final results. Use the shade guide provided to record your starting and ending shades.
 - Note that crowns, veneers, fillings, dentures and restorations will not whiten and may require replacement following the whitening procedure.
 - Final shade will be achieved about 1 – 2 weeks after completion of your whitening treatment.
 - Although most patients will achieve optimal results within 1 – 2 weeks,

consult your dentist about continued use if not satisfied with the results. Do not use longer than 2 weeks without first contacting your dentist.

10. POST-TREATMENT

- Avoid staining foods, drinks and tobacco for 30 minutes after each treatment.
- Continue good oral hygiene; use of a Philips Sonicare electric tooth brush will help prolong the benefits of whitening treatment.
- Store any remaining whitening gel in a cool dry place for later use. Do not freeze.
- At your regular 6 month check-up, ask your dentist to evaluate your shade.

11. POTENTIAL ADVERSE EFFECTS

Adverse effects that may be associated with the use of a whitening product containing peroxide include, but are not limited to:

11.1. Sensitivity

- Some patients may experience increased tooth sensitivity to cold during the treatment, while others may have non-specific sensitivity in their teeth, gums, tongue, lips, or throat. Symptoms should subside within 1-3 days.
- If the sensitivity is in the teeth, try whitening every other or every third night/day or ask your dentist for a lower concentration gel.
- Ask your dentist for a 5% potassium nitrate toothpaste, such as Fluoridex Sensitivity Relief Toothpaste.
- Ask your dentist for Relief ACP Oral Care Gel, to be worn in your custom trays for 10 - 30 minutes before and after each treatment.
- Aspirin or Ibuprofen may be taken for pain.

11.2. Gingival Irritation

- Trays that extend onto the gingiva (gums) may cause soft tissue irritation. If the trays extend over your gums, have your dentist trim them.
- Reduce amount of gel in your trays. Teeth whiten when HP is absorbed into the tooth and whitens from the inside, so it is not important to cover the entire tooth.

If all of the above options have been exhausted and you still have gum irritation or tooth sensitivity, treatment should be ceased until irritation subsides. Resume treatment with shorter, less frequent applications until desired whitening effect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional.

12. STORAGE INSTRUCTIONS

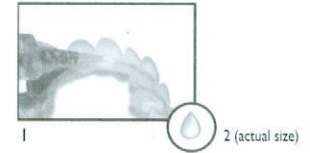
Store between 15°C and 25°C (59°F and 77°F) in a dark, dry place. Storage temperature above 25°C (77°F) will result in reduced shelf life.

13. DISPOSAL INSTRUCTIONS

Dispose of device in accordance with local waste regulations.

14. WARRANTY

Philips warrants that reasonable care has been used in the design and manufacture of this product. This warranty is in lieu of and excludes all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, any implied warranties of merchantability or fitness for a particular purpose.



3