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How you treat your teeth during the first two days post-treatment can have a dramatic impact on your results. For at least the first 48 hours, avoid: “It’s extremely important to stay away from [staining] foods and drinks for 48 hours following the teeth whitening procedure,” says Houston dentist Dr. Scott Young in a RealSelf Q&A. “The enamel remains porous during this time, making it easy for them to penetrate the outer surface of enamel and negatively alter your results.”You’ll be able to brush your teeth that first night. Just use a soft brush and toothpaste for sensitive teeth with lukewarm water, to avoid possible zingers. “Stay away from colored mouthwashes for 48 hours as well,” says Dr. Steven Davidowitz, a cosmetic dentist in New York City. “The teeth are very prone to soak up the artificial colors in both foods and rinses during this time frame.”Three days after your Zoom treatment, you’ll begin your at-home regimen. Your dentist may supply you with trays and a whitening gel to help keep your teeth looking bright. Place a small amount of gel in each tray and insert them over your teeth, avoiding the gums and wiping away any excess. While you’re using the trays, don’t rinse your mouth, drink, swallow the gel, eat, or smoke.After two hours, you can remove the trays and clean them with a toothbrush. You’ll do this every day for a week, until the gel is gone. If you find your teeth are becoming too sensitive, you can reduce the time and frequency of your at-home treatments or stop altogether. The most dramatic results for a healthy, white smile. Philips Zoom DayWhite 14% Hydrogen Peroxide is best for patients who want dramatic results and prefer to wear their trays for a minimal amount of time. Wear time: 30 minutes daily. Optimum results within two weeks. DayWhite 14% HP Patient Kit DayWhite 14% HP Professional Dispensing Kit DayWhite 14% HP Patient Refills. Available in single refill or bulk box For an ongoing take-home treatment, patients should replace their existing toothpaste with a toothpaste containing 5% potassium nitrate and use twice daily. Recommend using Relief ACP gel in tray (lingual side) along with their whitening gel, ACP does not interfere with whitening results. Get your patients a jump-start on whitening by pairing a QuickPro in-office treatment with any DayWhite or NiteWhite treatment to achieve dramatic results, fast. Try Philips Zoom take-home whitening for yourself and experience why dental professionals and patients alike love our safe and effective treatments. Call (800) 422-9448 to receive your free trial. Pen applicator brushes a 5.25% HP formula directly onto the tooth for touch-ups between treatments. Our best whitening brush. Eliminates surface stains to whiten smiles in just one week. Philips Zoom Day White Whitening Gels have become a popular choice for people who want to achieve a brighter, whiter smile. With the combination of innovative technology and clinically proven results, these whitening gels have gained a reputation for effectiveness and safety. In this article, we will discuss the Philips Zoom Whitening Gels, how they work, their benefits, and how to use them for the best results.Philips Zoom Day White Whitening Gel is a dental product designed to lighten the colour of your teeth by removing stains and discoloration. It is part of the larger Philips Zoom Whitening product line, which includes both in-office and at-home whitening treatments. The gels contain a high concentration of hydrogen peroxide, the key ingredient responsible for breaking down and removing surface stains from the enamel and dentin layers of the teeth.The active ingredient in Philips Zoom Day White Whitening Gel, hydrogen peroxide, is a powerful bleaching agent that penetrates the tooth enamel and breaks down the molecular structure of the stains. The process releases oxygen molecules, which react with the discoloured molecules and effectively eliminate the stains. The result is a whiter, brighter smile, with reduced tooth sensitivity compared to other whitening products.Fast and Effective Results: Philips Zoom Day White Whitening Gels provide quick and noticeable results, with teeth appearing up to eight shades lighter after just one treatment. Safe and Reliable: Philips Zoom Day White Whitening Gels have been clinically proven to be safe and effective, with minimal side effects and tooth sensitivity. Customisable Treatment: The gels come in different concentrations and can be adjusted according to individual needs and desired results. Long-lasting Effects: With proper dental hygiene and maintenance, the whitening results can last for up to two years. Compatible with Dental Work: Philips Zoom Day White Whitening Gels are safe to use on dental restorations such as crowns, veneers, and fillings. Please note, they will only whiten natural teeth.For the best results, follow these steps when using Philips Zoom Day White Whitening Gels:Consult your dentist: Before beginning any whitening treatment, consult with your dentist to ensure that your teeth and gums are healthy and that you are a suitable candidate for the treatment. Prepare your teeth: Brush and floss your teeth thoroughly to remove any plaque and debris. Apply the gel: Using the provided syringe or applicator, apply a thin layer of the Philips Zoom Day White Whitening Gel to your professionally made dental trays. Remove the gel: After the recommended treatment time, typically between 15-45 minutes, remove the gel by rinsing your mouth with water. Repeat the process: Depending on the desired level of whitening and the specific product instructions, you may need to repeat the process for several days or weeks.Philips Zoom Day White Whitening Gels are an effective, safe, and convenient solution for those who want to brighten their smile and boost their confidence. With proper dental hygiene and regular maintenance, the results can be long-lasting, giving you a radiant smile that you can be proud of. Always consult with your dentist before beginning any whitening treatment to ensure that it is the right choice for your individual needs. With Philips Zoom a whiter smile is also a healthier smile. Our products for in-office whitening and our Zoom at-home formulas are the only whitening treatments to utilize ACP (amorphous calcium phosphate), which is clinically proven to reduce sensitivity, protect enamel and improve the luster and smoothness of your teeth*. *in vitro Article Published Date : 2021-12-21 Published on 2021-12-21 Whitening Instructions:1) Floss and brush your teeth.Make sure that the bleaching trays are clean and dry before applying the whitening gel.2) Twist off the clear plastic cap from the syringe and replace it with the mixing nozzle.2) Place a small “teardrop” amount of gel in each tooth compartment in the tray. Too much gel will spread up to the gum line, which can irritate your gums.3) Insert the whitening tray into your mouth over your teeth. If the gel seeps over the brim of the tray onto your gums, wipe away any excess gel with a tissue.Make sure that the tray is seated properly. You may see “bubbling” within your trays while you are wearing them. This bubbling is actually part of the whitening process.4) Depending on the type of gel, follow the wear times specified below:DayWhite 6% HP = Wear for 30-90 min. once a dayDayWhite 9.5% HP = Wear for 30-60 min. once a dayDayWhite 14% HP = Wear for 30 min. once a dayNiteWhite 10% CP = Wear for 2-4 hours once a day or overnightNiteWhite 16% CP = Wear for 2-4 hours once a day or overnightNiteWhite 22% CP = Wear for 2-4 hours once a day or overnight5) After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from your teeth. Clear aligners are designed to straighten your teeth, which means they have a very snug fit. Teeth whitening trays created by your dentist are contoured to fit your teeth, but still have a little “give” or space which allows the bleaching gel enough movement to prevent overflow in the mouth. If you use teeth whitening gel in your clear aligner, most, if not all, of the gel will be pushed out of the tray and into your mouth thus wasting the gel and causing irritation to the tissues in your mouth. If Zoom! Whitening Gel was purchased on Amazon, the item must be returned to Amazon. If you are pregnant, we recommend you consult with a doctor before using Zoom! Whitening Gel at home. The information on this page applies to the following models: DIS585/11 . Our site can best be viewed with the latest version of Microsoft Edge, Google Chrome or Firefox. Brighter days With Philips Zoom DayWhite, your most confident, radiant smile isn’t just whiter, but healthier too. And because you whiten on your time at home, that brighter smile has never been more convenient. See all benefits Find FAQs, user manuals, safety information and tips By clicking on the link, you will be leaving the official Royal Philips (“Philips”) website. Any links to third-party websites that may appear on this site are provided only for your convenience and in no way represent any affiliation or endorsement of the information provided on those linked websites. Philips makes no representations or warranties of any kind with regard to any third-party websites or the information contained therein. I understand You are about to visit a Philips global content page Continue Our site can best be viewed with the latest version of Microsoft Edge, Google Chrome or Firefox. A white brigh can be a confidence booster and a great way to get noticed. Depending on our everyday choices, we may not have the smile we always wanted. Wine, smoking, tea, soda and other foods and beverages can cause teeth staining. What causes teeth to turn yellow? There’s a range of reasons teeth become discoloured. Genetics, your environment, even taking certain medication can all have an impact on the whiteness of your smile. The most common reason is surface stains on your enamel. This is down to everyday food, drinks and lifestyle choices. Over time, these stains can work their way to the layer below enamel, known as dentin. When this becomes stained, the whole tooth looks darker because of the translucency of enamel. How can I whiten my teeth? There are several options, ranging from professional treatments, to over-the-counter whitening toothpastes and strips. Prescribed teeth whitening treatments from Philips Zoom! can give you a smile up to 6 shades whiter and take place either in-practice or at home. The first step is a consultation with your dental professional. How can I remove surface stains? Apart from Zoom! teeth whitening products, your toothbrush can also play a part in brightening your smile. Every Philips Sonicare toothbrush delivers 31,000 brush strokes per minute to help remove stains and naturally whiten your teeth. How can I remove deeper stains? Teeth whitening treatments that tackle stained dentin, the layer below your surface enamel, contain ingredients such as hydrogen peroxide or carbamide peroxide. These react chemically with the carbon that causes dentin to yellow, leaving your teeth whiter from the inside out. How long do results last? Our whitening treatments are formulated to give you long-lasting results, but the results will vary depending on the type of whitening you opt for. Lifestyle choices, such as drinking drinks that stain teeth, will make them yellow again over time. Which is the best Philips Zoom! teeth whitening treatment for me? With Philips Zoom!, you get a safe whitening experience with little to no sensitivity. Whether you choose an in-practice or take-home treatment, it all starts with a consultation with your dental professional. They can recommend the best option for you based on your lifestyle, budget and the results you want to achieve. How can I maintain my white smile after my treatment? Your dental professional will give you care advice before and after your treatment. You can maintain your whiter smile with one of our whitening electric toothbrushes, such as Philips Sonicare DiamondClean. There’s also the option to maintain your whiter smile with a Philips Zoom! take-home teeth whitening kit. How much does Philips Zoom! teeth whitening cost? Prices vary depending on your dentist. Our whitening treatments start from as little as £120*. Check in with your Philips Zoom! professional for more details. Now that you know the basics, the next step is to connect with a dental professional in your area who offers Philips Zoom. Follow Philips Zoom on Facebook for updates, offers, contests and more See how you would look with whiter teeth with the free Philips Zoom app Check back often to take advantage of our latest discounts and promotions Philips Zoom Whitening treatments have increased in popularity over the years as people invest in themselves and what makes them feel confident. I’ve had my teeth whitened a couple of times and I’ve been happy with the results, but it’s not for everyone. This form of treatment can whiten your teeth up to 8 shades whiter during the course of the treatment, and can be done by your dentist or at home – whichever you prefer! If you’re looking for a way to get a brighter smile, this guide will hopefully answer any of the questions you may have about the treatment, including how much it costs and how many times you can have it done. Zoom Whitening can be done at a dental practice or in the comfort of your own home. In order to use the at-home kits, you will still have to visit your dentist as a whitening consultation is needed prior to using the kit in order to get the best results (this is what I opted for). The dentist will also take moulds of your teeth and craft you personalised whitening trays that fit your teeth perfectly. Once this has been done, you can collect the kit from your dentist, who will ensure that you’re happy and explain how to use the kit before you take it home. Due to all this, the cost of Zoom Whitening is at the discretion of your dental professional, but on average it tends to be between £200-£300. Mine came in at about £250. If you need work done prior to getting your teeth whitened, such as a filling, then this price could be slightly more. Dentists may even offer payment plans rather than asking for the full amount upfront, to help you on your way to a confident smile. beautiful young woman with pink lips Compared to store bought teeth whitening kits, Zoom Whitening treatments are bound to give you better results. This is because most store bought kits tend to contain around 0.1% of hydrogen peroxide, which is the ingredient that causes your teeth to whiten. Dentists, however, can administer products with up to 6% hydrogen peroxide as they are used in a professional capacity. It’s a bit like getting painkillers over the counter vs stronger ones from a pharmacist. This means that the kits provided by dentists are much stronger, and are more likely to give you more noticeable and longer-lasting results. Results can vary from person to person, the results will depend on the type of staining that is on teeth in question. Surface stains caused by food and drink, especially tea, coffee, and red wine (and I was guilty of ALL these), are a lot easier to remove than staining that has penetrated the tooth enamel or stains that have been caused by trauma to the teeth. Another whitening treatment that dentists are able to offer is laser teeth whitening, which also uses hydrogen peroxide to lift stains off of teeth and give them a whiter appearance. The main difference between Zoom and laser whitening is the method in which the hydrogen peroxide is activated. During a Zoom treatment a total of 3 coats of whitening gel is applied, with the gel being removed after 15 minutes and another layer applied. A protective gel is applied on your gums. An ultraviolet light is then used to activate each coat of the whitening gel, and harden the protective gel to stop the peroxide damaging your gums. The UV light filters out infrared emissions and limits the amount of heat that the teeth are exposed to, it also covers all of your teeth at a time, so the whole mouth is done at once. With laser whitening, though, each tooth is whitened individually. A laser tool is used to heat and oxidise the whitening solution and it takes a great amount of skill, as each tooth must be done section by section as the laser beam is so small. There are also some slight infrared emissions from the laser and the excessive heat can cause extra sensitivity in some patients, although this is rare. Both Zoom and laser whitening treatments offered by dentists have similar results and take between 45 minutes to an hour, although laser treatments tend to be slightly more expensive. Dentists will always offer the best treatment for your individual case. Zoom Whitening is completely safe and the chances of damage to your teeth is minimal to none. Although the procedure itself does not hurt, with Zoom Whitening it is possible to experience brief flashes of sensitivity pain, known as ‘zingers’. Zingers happen when the nerves in your teeth react to the whitening process. Each person will react differently to this sensitivity pain, so for this reason Zoom Whitening is not usually recommended for patients who have sensitive teeth. I would say I have ‘medium’ sensitivity - I only notice if I eat a very cold ice cream, for example, so I don’t consider myself to have super-sensitive teeth. That said, I did get a couple of zingers, but they went away after a week or so. It’s also important to note that you have complete control over the process and if at any point you are uncomfortable or the sensitivity pain is too much for you, then you have every right to ask your dentist to stop the procedure. Zingers can last for a few days after the whitening procedure, but they should subside eventually and you can take painkillers during this time. A special gel is applied after the process takes place to reduce this sensitivity. A fluoride gel is applied at the dentist whilst Zoom take-home kits provide a unique desensitiser known as ACP. Both of these products work to reduce the sensitivity that you will experience and get your teeth feeling normal again, without compromising on the whitening results. Some people get their teeth redone every 6 months, others every few years – there is no limit to how many times you can have the Zoom whitening treatment. I’ve had it twice in 3 years but one of those was for my wedding. After initial treatment, most dentists recommend redoing your teeth annually in order to maintain the post-treatment whiteness, but it’s entirely up to personal preference! It’s important to note that whitening treatments are not permanent, so after your initial treatment, the length of time your results last and how often you will need touch ups to maintain will depend on how well you take care of your teeth. If you consume teeth staining drinks such as tea and coffee more regularly, then your results won’t last as long as someone who doesn’t. You can maintain your white smile at home without the need for another treatment by using whitening toothpaste and mouthwash, at-home whitening kits, and consuming less food and drink that stains your teeth. Most people get excellent results after just one session and are sent home with kits to ‘touch up’ their teeth as and when they see fit. If you want an entirely new treatment, whether that’s in practice or at home, then a prior dental consultation is required. What you eat and drink in the first 48 hours after whitening is crucial to ensuring you have lasting whiteness, so you should maintain what is known as a ‘white diet’. This sounds strange but it’s common sense, when you think about it. The tooth enamel remains porous for the first 2 days, meaning that it is more susceptible to staining during this time period. For this reason, food and drink such as white rice, white sauces, bananas, milk, white wine, pasta and plain chicken are fine to eat. For me, it was an excuse to eat those little pots of luxury rice pudding every day! You should avoid darker foods that are likely to stain your teeth such as tea, coffee, red wine, chocolate, broccoli, red pasta sauce, curry sauce, fruit (aside from bananas, apples and pears) and fruit juices. Toothpastes and mouthwash that have colours in them should also be avoided. Once this 48 hour time period is up, you can go back to consuming whatever you want without the risk of it ruining your whitened smile! There are 2 different kinds of at home kits to fit into your busy schedule, DayWhite and NiteWhite. Your dentist will take into account your lifestyle and recommend the best one for you. Both kits use the same ingredients and method, the only difference is the length of time you leave the trays in your mouth for. Philips Zoom DayWhite should be used twice a day, preferably once in the morning and once in the evening. The trays should be worn for 30-90 minutes each time they are used, with the exact amount of time being recommended by your dentist. NiteWhite whitens your teeth as you sleep. The whitening gel is applied before bed, and taken out when you wake up. This version comes in different strengths, the right one for you will be decided by your dentist. Both kits are simple to use and only require a few steps: Brush your teeth well to remove any plaquePlace a teardrop sized amount of the whitening gel into each impression in your custom whitening traysPlace the tray over your teethWait for the prescribed length of time, remove the trays and clean them with cold water to ensure there is no leftover gelBrush your teeth once more and enjoy your whiter smile! Both Philips Zoom DayWhite and NiteWhite will give you noticeable results in 2 weeks. If you’re still unsure whether to go for it, reading reviews can help you make your mind up. Zoom Whitening is a popular treatment and on the whole many people are happy with their results. One person said that her teeth were “amazingly white” afterwards, but she did experience zingers afterwards, but said that “they soon faded”. Someone else who went for the NiteWhite at-home treatment said that she was “REALLY pleased with the results” and “didn’t get any sensitivity whatsoever”, she also said that she “heartily recommends it”. However, another person reported that the sensitivity pain was “too intense” for the treatment to be considered worthwhile, despite being “very pleased” with how white her teeth were. Although, someone who said they have “super sensitive teeth” says that “the results are amazing” and that they “only need to whiten my teeth roughly once every couple of months” It seems that most reviews are positive, with a few people complaining about the sensitivity the treatment causes, although someone said that using a sensitivity toothpaste before and after treatment can counteract this side effect. If you’re considering Philips Zoom Whitening, be sure to check with your dentist whether this is the right treatment for you. I found it was definitely worth it, and it gave me much more confidence when I smile!