

Beautiful Bright Smile™



PRE TREATMENT:

BRUSH AND FLOSS GENTLY THE MORNING OF TREATMENT.

DO NOT AGGRESIVLEY FLOSS. THIS CAN LEAD TO SWOLLEN GUM TISSUES AND INCREASE TISSUE DAMAGE DURING THE TREATMENT.

IF YOU ARE BOOKED FOR A DENTAL CLEANING PLEASE ALLOW 48 HOURS UNTIL YOU WHITEN YOUR TEETH.
PLEASE ARRIVE 5 MINUTES BEFORE TREATMENT TIME TO COMPLETE PAPERWORK.



TREATMENT:

YOUR TREATMENT TIME WILL BE 45 -60 MINUTES.

PLEASE GIVE YOURSELF ENOUGH TIME TO COMPLETE THE ENTIRE TREATMENT.

WE HIGHLY SUGGEST BRINGING MUSIC OR A PODCAST TO LISTEN TO.

PLEASE DO NOT SCHEDULE PHONE CALLS DURING THIS TIME.

TEXTING IS OK.



POST TREATMENT:

DO NOT BRUSH OR FLOSS FOR 12 HOURS POST TREATMENT, WARM RINSES ONLY.

A POST-TREATMENT VITAMIN SERUM WILL BE PLACED ON YOUR TEETH TO AVOID SENSITIVITY AND PREVENT COLORFUL STAINS FROM ENTERING THE TEETH.

AVOID COLORFUL FOODS AND DRINKS FOR 12 HOURS.

AVOID SWEET, SPICY, AND SOUR FOODS AND DRINKS FOR 12 HOURS POST TREATMENT.

A STRAW WILL BE PROVIDED FOR ALL POST-TREATMENT DRINKS.

ANY NATURAL TEETH MARKINGS (FLUOROSIS, CALCIFICATION SPOTS) WILL FADE WITHIN 24 HOURS.

IF YOU HAVE ANY CONCERNS PLEASE EMAIL INFO@BEAUTIFULBRIGHTSMILE.COM