



Personalized, expert skin care.

Kailua Kona: (808) 329-1146

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DrMonicaScheel.com

Bright Smile - Teeth Whitening

Pre Instructions -

- *For one week prior - Floss every day if you are not an avid Flosser
- *Before your appointment, brush your teeth gently with a fluoride toothpaste like Sensodyne pronamel intensive repair.
- *Take some preventative anti-inflammatory medications such as Motrin, Advil, Aleve, or Ibuprofen (Not Tylenol), to ward off any possible sensitivity.
- *No previous Teeth Whitening in the last 3-6 months
- *Silver Fillings, metal, or any piercing may darken when exposed to hydrogen peroxide. It is recommended you remove these whenever possible before treatment.
- * Do not have recent Oral Surgery (In the last 30 days)
- *Do not have swollen gums or sensitivity/from recent braces removal
- *We are unable to treat pregnant or lactating individuals

Post Care Instructions -

- *For 48 hours, do not drink coffee, tea, red wine, dark-colored juices, green, red, orange, or dark-colored sodas.
- *No dark-colored condiments such as ketchup, mustard, barbecue sauce, red tomato sauce, or salsa.
- *You should have minimal to no sensitivity, which is typically relieved in a day or two.
- *Continue using fluoride toothpaste or toothpaste with potassium nitrate.
- *If you have sensitivity, we recommend using an over-the-counter toothpaste and mouthwash for sensitive teeth - like Sensodyne pronamel intensive repair.
- *If you are experiencing more than mild sensitivity - we recommend taking some over-the-counter medication such as Motrin, Advil, Aleve, or Ibuprofen (Not Tylenol). As directed on the bottle.
- * Do not use any OTC whitening products in between sessions
- * Only use your Dr.Monica Scheel Whitening Pen once a week
- *Please call our office if you have any questions or concerns