



Pre and Post Bright Smile - Teeth Whitening

Pre Treatment

- 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 Treatment

- For 48 hours do not drink: coffee, tea, red wine, dark-colored juices, green, red, orange, or dark-colored sodas. We ask that you stay away from Dark berries or fruits that have a darker color.
- For 48 hours: No dark-colored condiments such as ketchup, mustard, barbecue sauce, red tomato sauce, or salsa or soy sauce.
- 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. We also carry a line of toothpaste in the office that helps with sensitivity and gives longevity to your teeth whitening treatment.
- 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 Over the counter whitening products in between sessions
- Only use your Dr.Monica Scheel Whitening Pen once a week
- As always Please contact our office if you have any questions or concerns #808-329-1146