

## PRE ONE HOUR WHITENING INFORMATION

Here are a few helpful tips to make your one hour whitening experience more comfortable;

- Brush with a sensitive toothpaste at least one week before your appointment.
- Make sure you have your teeth professionally cleaned no more than 2 months before whitening. Make sure you can't visibly see any tartar build up.
- Take some sort of pain reliever (Tylenol, Advil, whatever you prefer) one hour before your appointment (to help with possible sensitivity).
- Your appointment will be about 2 hrs.
- At the time of your appointment, we will give you 25mg of Benadryl to help with any possible allergies.
- We provide music or movies to listen to, but you may bring your own from home.
- Please inform us if you are allergic to codeine.
- Expect some sensitivity (for 24 hrs.).