



Adult and Children's Dentistry at Carolina Forest

ZOOM WHITENING PRE-TREATMENT

You do not have to do anything specific other than brush your teeth before coming in for your teeth whitening treatment. You may want to put some lip balm on just before your appointment as your lips will dry slightly. (we supply this in the clinic anyway). It is not necessary to have your teeth scaled and polished prior to your whitening treatment. However, we do however recommend you maintain your usual hygiene visit or have a consultation with the dentist prior to scheduling your teeth whitening treatment.

WHEN YOU ARRIVE

1. You will be greeted by one of our friendly Dental professionals.
2. You will be given the Treatment Consent Information and a form for you to read over and sign, confirming that you are happy to go ahead with the treatment.
3. Your Dental Professional will go through everything with you, do a consultation and answer any questions you may have.
4. You can sit back, relax and watch TV. We then insert the cheek retractor, take a shade measurement and have a look at your teeth to make sure everything is OK to progress with treatment.
5. We will apply the whitening gel and activate the laser light which will start the first 12-15 minute session.
6. After the first session is completed, we will reapply a new layer of tooth whitening gel and start the second 15-minute session.
7. Repeat step 5 to complete the third session.
8. We remove the cheek retractor and you can see your dazzling new white smile in the mirror.



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