Smile League DENTAL
815-782-6243
3330 MALL LOOP DRIVE, #A / JOLIET, IL. 60431

INITIAL EVALUATION INSTRUCTIONS FOR PHILIPS ZOOM WHITE
SPEED LED LAMP TREATMENT

Two weeks before your appointment Brush your teeth once daily with a desensitizing toothpaste (We will be prescribing one to you at your screening visit, and you can pick it up at your local pharmacy) for 2 weeks before your whitening appointment.

On the day of your appointment-
Take 600mg ibuprofen one hour before the procedure (make sure you have no allergies or restrictions to Ibuprofen).

After the whitening is performed
Congratulations, and hope you like your whiter shade change!
Make sure you wear your desensitizing paste for 30minutes immediately after the procedure, to control sensitivity.
Use more ibuprofen as needed (please, follow the prescriptions and do not exceed maximum dose).

Avoid staining food and drink for two hours. Avoid Chlorhexidine for 2 week