

HALO  

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..exclusive

TEETH WHITENING



## Pre-Treatment



**Have a Snack** : We recommend drinking only water for the hour following your appointment, and avoiding any staining foods or habits for 24 hours.



**Mouth Care** : Remove any piercings within your mouth and be sure you have no sores or cuts within your mouth as this may cause discomfort.



**Clean Teeth** : To achieve best results, we recommend having a dental cleaning within 6 months prior to your session. If possible, brush your teeth directly prior to your appointment. Be sure to be gentle on your gums. And if you can't, don't stress, we've got you covered.

## During Your Session

Your appointment will be approximately 30-40 minutes to allow time for proper prep and aftercare of your smile, while allowing sufficient time to answer any questions you may have.



**Consult and Prep** : Every SunnaSmile session will begin with a shade guide comparison in order to indicate the starting shade of your teeth. Your SunnaSmile specialist will guide you through the preparation of your teeth for the session, including a brush-up with SunnaSmile's signature Smile Prep, a multi-action cleaning paste that removes plaque and reduces tartar build up while gently polishing your teeth.

Next, your SunnaSmile specialist will walk you through what to expect during the whitening process - once you have the whitening tray in your mouth it is very difficult to ask questions.



**Whitening** : After clarifying any questions you may have and the whitening tray is in place you will be given some protection sunglasses to wear. These are purely for eye comfort, as the combination red and blue light technology that is used to activate the whitening gel is very bright.

Now comes the easy part - sit back and relax. You will relax behind the light for 20 minutes (some clients prefer to start with only 15 minutes during their first session). Your SunnaSmile specialist will check in to ensure you are comfortable. It is normal to experience a slight tingling sensation as the solution reacts, but you should not experience sharp pain during the treatment. If you do, your session will be stopped immediately.

*Teeth Whitening*

## During Your Session Continued



**Completing the Session** : Upon the completion of your session, your SunnaSmile specialist will guide you through the disposal of your whitening tray (in all of its glamour) including a **sip, swish, spit routine** to help you get rid of all of the whitening gel.

We will complete your treatment by following up with the **shade guide comparison** in order to determine your **whitening progress**. Average results per session is **2-4 shades**. For those looking to **maximize results**, we recommend purchasing our **SunnaSmile Home Kit** for maintenance and at home whitening, or purchasing our **3 pack of in-studio treatments**.

## Post Treatment Care



**Food and Drink** : Drink **only water** and don't eat anything for **at least one hour** following your appointment. **Your teeth will continue to whiten after your treatment has been completed.**

For the **first 24 hours** after your in-studio session, **avoid food or drinks** that have **dark or staining properties** (such as berries, tomato sauces, beets, carrots, red wine, coffee, tea, soft drinks - you get the idea).



**Gum Tissue** : Post-treatment 'tingling' sensations, white gum lines, white spots on the teeth and minor sensitivity are **all completely normal**. The whiteness along the gum line is actually an indication of the **peroxide healing the tissue**. This colouring should disappear within **15 minutes**. If sensitivity persists, **use a toothpaste developed for sensitivity**.



**Follow Up** : In order to maintain your whitening results, we recommend following up with additional sessions every **2-6 months**. However, if you would like to continue to whiten we recommend **booking follow up appointments closer together**. (Check out our bundle packages on our website!) You can also purchase our **SunnaSmile Home Kit** or **Whitening and Aftercare Gel** to continue to whiten or maintain your results at home.

“**Relaxing in studio, knowledgeable service and excellent education for after care! I recently had my teeth whitened with SunnaSmile (OrganicTan PembinaValley) and LOVED IT! I will definitely do it again!**”

**Jolie D**

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