



Grand Avenue
Dental Care

Dr. Ryan Ross, D.D.S.

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BEAUTIFUL BRIGHT SMILE
PROFESSIONAL TEETH WHITENING

Before Treatment Instructions:

- Please allow **48 hours** before whitening your teeth after a dental cleaning.
- Do not brush or floss **for 6 hours before treatment**. Aggressive brushing and flossing leads to swelling of the gums which can lead to tissue burning and damage during the treatment.
- Any oral surgery must have a minimum of **8 weeks** healing before a whitening appointment.
- If you are a Diabetic, please bring snack for directly after your treatment, or eat before your appointment.
- We suggest bringing music and headphones to your appointment.
- Please advise your Beautiful Bright Smile™ Provider if you have any areas of concern.