

EXPERTISE DENTAL

Cosmetic Appointment Reminders

We look forward to taking great care of you during your upcoming appointment. Since it takes time to accomplish the highest quality treatment for you, here are some valuable tips to make your visit with us as pleasant and relaxing as possible.

FOR YOUR COMFORT:

- Eat breakfast but avoid caffeine and excessive liquids (coffee will cause more bathroom breaks which interrupt treatment and will lengthen the appointment).
- Wear slip-on shoes and loose-fitting clothes. Perhaps something layered to help keep your body temperature comfortable.
- Do not wear hair accessories (such as ponytails or clips which might be uncomfortable when you lay back in our chair).

TO RELAX:

- Your doctor may prescribe you oral sedation. Please bring the medication with you.
- Let our team know the name and phone number of the person who will pick you up after your appointment.
- We will offer you a hot neck pillow. We also have chilled eye packs and various pillows to support your legs and back.

DON'T FORGET:

- If you have been whitening, stop whitening two weeks prior to your provisional approval appointment.
- Plan on having a relaxing evening when you leave us. It is best not to make any big plans as you will probably be feeling tired.
- We will do our best to stay on schedule, however, we sometimes do run over due to unforeseen circumstances. Please be patient with us, we do our best to give each patient the best care possible.

POST-TREATMENT CARE INSTRUCTIONS:

After your treatment, you may experience mild discomfort for a day or two during the healing process. Although this is usually not a problem, we recommend taking an anti-inflammatory, such as Advil (ibuprofen), to help reduce inflammation and get you back to normal as quickly as possible.

Peroxide Mouth Rinse:

Once healing has begun, swish your mouth with a solution of half water and half hydrogen peroxide.

- Duration: 30 seconds
- Frequency: Twice daily

PerioScience Gel:

Apply the PerioScience Gel directly to your gum tissue.

- Duration: For the first 2-3 days after treatment
- Frequency: 3 times a day

3404 Salterbeck St, Ste. 202
Mount Pleasant, SC 29466
843-375-0395

mpoffice@expertisedental.com

Dr. Amanda Seay

Dr. Melissa Swanson

Dr. Anthony Mennito

Dr. Adamo Notarantonio