



Preparing for Teeth Whitening:

A Patient's Guide

#1

Consultation with a Dentist



Schedule a consultation with a dentist to discuss your goals and options for teeth whitening



The dentist will examine your teeth and gums to determine if you are a good candidate for the procedure.

#2

Treatment Plan

2.1 Treatment Plan

The dentist will create a treatment plan tailored to your needs and preferences.

2.2 Treatment Plan

The plan may include:
- In-office whitening
- Take-home whitening kits
- A combination of both

#3

Pre-Treatment

3.1 Pre-Treatment Care

Follow the dentist's instructions for pre-treatment care, such as avoiding certain foods and drinks.

3.2 Pre-Treatment Care

Brush and floss your teeth regularly to maintain good oral hygiene.

#4

Whitening Procedure

4.1



If you are undergoing in-office whitening, the dentist will apply a whitening gel to your teeth and use a special light to activate the gel.

4.2



If you are using a take-home kit, the dentist will provide you with custom-fitted trays and instructions for use.

#5

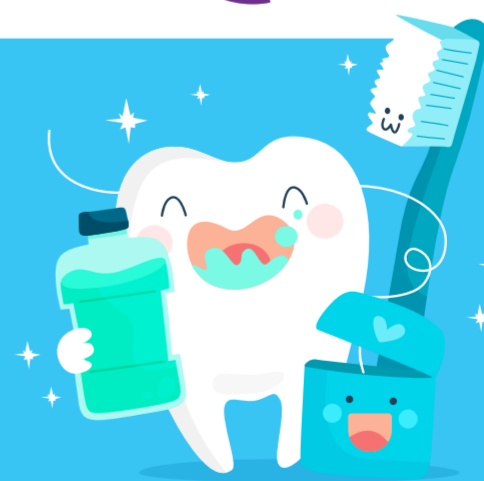
Post-Treatment Care

5.1



Follow the dentist's instructions for post-treatment care, such as avoiding certain foods and drinks for a while.

5.2



Maintain good oral hygiene to prolong the effects of the whitening treatment.

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Visit Bali Dental Voyage's website or Whatsapp us at

[\(+62\)821-4580-8597](https://www.balidentalvoyage.com)

to schedule your Teeth Whitening in Legian, Bali!

