



ZOOM PRE-APPOINTMENT INFORMATION

Suggestions to help your appointment be as comfortable as possible:

- Wear comfortable clothing for appointment day.
- Come as relaxed as possible; do not feel rushed.
- Take Ibuprofen (i.e. Advil, Motrin...) ahead of time to help with post-op sensitivity.
- Appointment is long. It takes up to 2 hours, so please make sure you go to the restroom before starting.
- Limit your water and coffee intake the day of your appointment.
- Do not wear a lot of makeup.
- You are welcome to bring your iPod or other headphones.
- If you have sensitive teeth, we offer pre-treatment with Fluoride.