



## GLO POST WHITENING CARE INSTRUCTIONS WITH TAKE HOME WHITENING KIT

### HELPFUL TIPS FOLLOWING YOUR GLO IN OFFICE WHITENING

**For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid:**

- Tobacco
- Red wine, red meat, soy sauce, mustard, coffee/tea, cola, berries or other dark fruits and fruit sauces, tomatoes and tomato sauces/juices, dark vegetables or foods containing artificial dyes or colorings.
- Avoid colored lipstick
- Avoid colored mouthwash including PreviDent Flouride Rinse
- If your daily homecare involves the use of PerioRx or any Chlorahexidine, please wait 48 hours before continuing the usage of this product.
- As a general rule of thumb, avoid anything that would stain a white t-shirt.

**Additional ways to maintain your white smile:**

- Teeth whitening is not a permanent procedure. Maintain your white smile with regular use of the GLO Professional Take Home Whitening Kit.
- Use an automated toothbrush like Philips Sonicare.
- Practice good oral hygiene by tooth brushing, flossing and tongue cleaning.
- Regular professional dental hygiene care to maintain oral health and keep staining to a minimum.

### **TAKE HOME WHITENING GLO KIT**

1. **READY** - charge your GLO control. Set the controller on the dock, plug into a wall outlet, and charge for 4 hours. If you aren't near a wall outlet, you may also charge via a computer's USB port. Your GLO device is fully charged and ready to use when all 3 bands are illuminated blue.
2. **SET** - pre-heat, apply lip care and g-vial gel Prior to starting each 32-minute GLO whitening treatment. Pre-heat the GLO mouthpiece by letting it run for one 8-minute cycle. Apply a thin layer of GLO lip care on lips. Open the g-vial by holding the base then lightly twist and pull the cap to remove. Squeeze gel onto brush tip and apply directly to the front of the top and bottom teeth with a brushing motion.
3. **GLO** - Whiten your smile! Place GLO control over your neck with lanyard, attach mouthpiece firmly into the device at the side, and press "GLO" button - the lights illuminate a brilliant blue. Place mouthpiece in your mouth, top up. GLO for 8-minutes until the light blinks to signify the end of the session. Spit and rinse. Reapply gel and repeat process 3x consecutively, for a total of 32-minutes or as directed by your dental professional. One g-vial contains enough gel for a 32-minute session (4, 8-minute applications).
4. Purchase additional G-Vials at our office when you run out for touch ups.
5. **Do not bleach 5-7 days prior** to your appointment for your crown/veneer preparation appointment. Teeth may continue to whiten several days after bleaching which will affect your shade choice.

*GLO Science Professional has the same clinically proven whitening results as traditional in-office whitening but without the sensitivity. If, for some reason, you do experience sensitivity, please contact our office.*

*Please feel free to contact us at 407-699-9831 with any questions regarding your post GLO Professional Science Whitening Experience! Smile and get your Glo on!*

