



12 North Main Street, Suite 101
West Hartford, CT 06107
P: (860)236-4249
F: (860)231-1571
Info@westhartforddentalgroup.com



55 Town Line Road, Suite 100
Wethersfield, Ct 06109
P: (860) 400-3007
F: (860)380-1411
Info@wethersfielddentalgroup.com

GLO Whitening Post-Op Instructions

Congratulations! You have just completed our GLO Whitening in office whitening system. Now that your teeth are significantly whiter, please continue whitening at home your new GLO science professional take home kit to stabilize and maintain your whitening results.

There are rare cases where some patients may experience post-treatment sensitivity. In these situations, you can brush using a sensitivity toothpaste such as Prevident or Sensodyne. If sensitivity becomes severe, call the office for prescription toothpaste. You may also take an OTC analgesic such as Ibuprofen or Tylenol up to 600mg, every 4 hours as needed for pain.

It is extremely important that you avoid eating or drinking these items for 48 hours after whitening:

- Red wine
- Coffee:
 - Caffeine can dry out the mouth, which can allow bacteria and food particles to linger on the teeth and increase the risk of discoloration
- Tea:
 - contain high levels of tannin that stain teeth and sometimes caffeine. You are not safe with decaf
- Acidic beverages such as dark sodas, fruit juices, and alcohol:
 - acid breaks down the enamel leaving teeth susceptible to more stain
- Any fruits:
 - All fruits are acidic. Dark Fruits such as raspberries, cherries, pomegranates, blackberries, and blueberries stain more easily due to pigment
- Dark Veggies such as dark leafy greens, purple cabbage, carrots, beets
- Dark sauces such as ketchup, tomato sauce, salsa, mustard, soy sauce, dark gravies and stews
- Curry
- Dark chocolate
- Tobacco products

****If it can stain a white t-shirt, it will stain your teeth****

****After 48 hours, the use of a straw when drinking staining liquids will help extend your whitened smile****

If you have any questions, do not hesitate to give our office a call!



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AT HOME – WHITENING INSTRUCTIONS

1. Floss and brush teeth. Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.
2. Place small “teardrop” amount of gel in each tooth compartment in the tray.
3. Place the tray with the gel in the mouth. Keep away from gums.
4. Wear the tray as per the instruction.
5. After whitening, remove and rinse the trays with cold water. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from the teeth.
6. During whitening treatment we recommend using:

Prevident 5000 Sensitive

(available here for purchase \$30.00)

The EXTRA FLUORIDE in this product.....
STRENGTHENS ENAMEL
DECREASES TOOTH SENSITIVITY
PREVENTS CAVITIES.

Please circle:

Yes I would like to purchase Prevident 5000 at this time.

No, I do not wish to purchase Prevident 5000 at this time.