

POST TREATMENT WHITENING CARE INSTRUCTIONS HELPFUL TIPS FOLLOWING YOUR GLO IN OFFICE WHITENING

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.

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 Fluoride Rinse
- If your daily homecare involves the use of PerioRx or any Chlorhexidine, 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 Opalescence Professional Take Home Whitening Kits (available for purchase).
- 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.

Please feel free to contact us at 480-488-0686 with any questions regarding your post GLO Professional Science Whitening Experience! Smile and get your Glo on!!