



Glo Teeth Whitening

POST-OP INSTRUCTIONS



GLO whitening gel is specially formulated to be sensitivity free. It contains safe and effective teeth whitening ingredients, is free of alcohol and carbamide peroxide, and is designed to stay put on your teeth and off your gums and soft tissue. The vast majority of GLO users do not experience any sensitivity while using GLO.

If you do experience sensitivity it should subside within 24 hours and be gone within a day or two. Occasionally the sensitivity will last longer. If needed, you may take two to three anti-inflammatory, pain relieving tablets like Advil or Motrin 200mg as directed or Tylenol if sensitive to ibuprofen. While unlikely, if you encounter sensitivity that persists for more than a week, contact our office.

You might notice one or two areas on your gums turning white after your teeth whitening. This is because some of the whitening material used in the procedure temporarily affects your gums. They will return to their normal, healthy pink color after a few hours of the treatment.

For 48 hours after your tooth whitening, Dark Staining substances should be AVOIDED. Foods such as red wine, cola, coffee and tea, berries such as cherries, blueberries, strawberries, tobacco products, red sauces, mustard or ketchup or soy sauce. As a general rule of thumb, avoid anything that would stain a white shirt. If you must indulge, rinse with water immediately afterwards to minimize the staining.

Teeth whitening is not a permanent procedure. Anything you put in your mouth that would stain a white tee shirt will stain your teeth. Excellent home care with proper brushing and flossing along with regular dental checkups and professional cleanings is the best way to maintain your healthy white smile.

If you have any questions or concerns, please call us at 801-430 9262

