



FRANKLIN

DENTAL ————— ARTS

Post Op Instructions: GLO Whitening

One of the biggest myths about professional teeth whitening from a dentist is that it's a "one and done" procedure. If only it was that easy! There is a maintenance regimen that patients must follow in order to achieve and maintain optimum results before and after each in-office whitening procedure. Please inquire about the taken home GLO kit.

Sensitivity may occur after GLO whitening treatment. If for some reason you do experience post-op sensitivity, it can be treated with over-the-counter analgesics. It is also helpful to use Sensodyne for a few days before the whitening treatment.

To help with any sensitivity:

- Avoid excessively hot or cold food or beverages
- Brush using a sensitivity toothpaste (Sensodyne)
- Take a mild OTC analgesic (consult your doctor for approval)

Color Spotting on the teeth may occur after GLO In-Office Whitening due to temporary dehydration of the teeth. This should diminish within a few days after treatment. Prolonged color spotting is due to hypocalcifications already present on the tooth. If you already have color variations in your tooth, it will make them even more apparent, therefore making you not an ideal candidate for GLO whitening.

Restorations (fillings/veneers/crowns) will not lighten with GLO treatment. Make sure to wait 4 weeks following whitening treatment to allow the shade of your teeth to stabilize if you have new restorations planned in the future (especially in the esthetic zone).

Avoid foods or drinks that stain following the whitening procedure, i.e. brown, red, yellow drinks/foods such as:

- Red wine, dark sodas, coffee, tea
- Grapes or any fruit with color
- Mustard or Ketchup
- Red sauces
- Soy sauce or steak sauce
- Smoking and Lipstick
- Red meat (steak or hamburger)

If provided with take home whitening treatment, use according to manufacturer's instructions to your discretion. These are meant as touch up/maintenance only.