



## **GLO Whitening Post-Operative Instructions**

Congratulations on completing the GLO Whitening Process! Now that your teeth are significantly whiter, there are a few guidelines to help maintain the look of your new smile.

After whitening, your teeth will need 24-48 hours of special protection. During this time it is important that you follow certain guidelines and monitor which foods, drinks, and products you intake.

You are able to eat, immediately. (Please follow the guidelines listed below.)

For the first 48 hours following treatment, please avoid the following items:

- Red wine
- dark sodas
- coffee
- tea
- ketchup, salsa, mustard, soy sauce, red sauces
- berries
- tobacco products

**\*\*Anything that can stain a white shirt will stain your teeth during the 24-48 post-treatment period\*\***

The use of a straw when drinking staining liquids will help extend your whitened smile.

~~~~~

You may experience some tooth sensitivity during the post-treatment period. To prevent this, or if the sensitivity is severe, take up to 600mg of Ibuprofen, every 4 hours as needed for pain.

If you purchased a whitening pen, you may begin to use it, after the first 24 hours has passed.

**If you have any questions, please do not hesitate to contact our office: 847-864-8151**