

## **GLO WHITENING POST-OP INSTRUCTIONS**

1. For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any staining foods. This would include red wine, red meat, soy sauce, 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. **As a general rule of thumb, avoid anything that would stain a white t-shirt.**
2. Sensitivity after GLO whitening is rare, but it is possible to feel sporadic sensitivity the day following treatment. Use the Sensodyne toothpaste provided.
3. Teeth whitening is not a permanent procedure. Anything you put in your mouth that would stain a white t-shirt will stain your teeth. Maintain your white smile with regular use of the GLO Professional Take Home Whitening Device.

Please call the office at (931)363-6300 if you have any questions or concerns