

FAKTOR^{DMD}

Teeth Whitening Post Op Instructions: GLO In-Office

Before Treatment

It is recommended that you get a regular cleaning at least 2 weeks before your in-office whitening treatment. This will remove any surface stains and optimize your whitening results. If you have sensitive teeth to begin with, it is advisable to start a regiment twice daily of brushing with an over-the-counter sensitivity toothpaste (such as Sensodyne) or a prescription toothpaste (Fluoridex) which can be purchased at your local pharmacy and used one week before your appointment. If allowable, we will provide you with a single 600mg Ibuprofen prior to starting the in-office whitening to offset any potential tooth sensitivity.

During Treatment

Your whitening appointment will be approximately 90 minutes long and will include 30 to 40 minutes of bleaching applications. Your gums will be isolated with a special liquid barrier to protect them from the LED light active gel, and you will have 30 minutes of pre-op and post-op instructions. We will be taking before and after pictures so you can see the result of the bleaching and will also be taking pre and post op shades. GLO gel is a very safe bleaching material but can have some reactions in patients.

After Bleaching

The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright, and healthy smile. Your teeth will get lighter during the next 24-48 hours. The whitening will continue as it has been absorbed into the teeth. You may notice white patches, which is normal. These patches will dissipate over the next several hours. **DO NOT consume any dark or yellow staining substances for 24 hours**, such as: coffee, tea, soy sauce tobacco products, berries, mustard, ketchup, red sauces, cola, red wine, colored drinks using dye such as grape, Gatorade, cranberry, and avoid colored lipstick.

Remember, **you must not use colored toothpastes or gels for the first 24 hours**. In addition, do not use any colored mouthwash or home fluoride treatments. If your daily homecare involves the use of PerioRX or any Chlorhexidine, please wait 48 hours before continuing the usage of this product.

GLO bleaching gel is stronger than any over the counter or take-home bleach and can cause some tissue burns (white patches) if it comes in contact with the gum tissue or skin. These are not permanent and will go away in a couple

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of hours. Tooth sensitivity is a very common post-op reaction to any kind of bleaching, including in-office GLO. We do multiple procedures to minimize sensitivity, but it does occur. For relief, take Tylenol, Advil, or whatever you would normally take for a headache. You will also be given a take home touch up kit of beaching gel that can be used to enhance your whitening effect or provide touch ups in the months following your in-office whitening. If you decide you want to enhance your whitening experience, use two daily applications starting one week following the in-office whitening procedure. If you want to maintain your current level, then apply one daily application of touch up gel every 4-6 months.

If you have any questions or concerns, before or after your appointment please feel free to contact us.

Thank you!
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