

DATE:

PATIENT NAME:

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## GLO SCIENCE PROFESSIONAL IN-OFFICE WHITENING TREATMENT

Hydrogen Peroxide strength used:

# of whitening passes:



Starting Shade:

Ending Shade:

Total Shade Improvement:

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## POST WHITENING CARE INSTRUCTIONS

At Home Whitening Rx:

Frequency:

In-Office Touch-Up Whitening:

Comments:

## HELPFUL TIPS FOLLOWING YOUR GLO IN OFFICE WHITENING

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. GLO Science Professional has the same clinically proven whitening results as traditional in-office whitening but without the sensitivity. If, for some reason, you do experience mild post-treatment sensitivity, it can be treated with an over-the-counter analgesic and should go away within 24 hours. If it does not, please contact your dental professional.
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.

If you have additional questions or to book your whitening touch-up appointment, please contact us at XXX-XXXX.