



Take-Home Kit Instructions

1



READY

Charge your GLO Control

- Charge your Control by setting the controller on the dock, plugging into wall outlet, & charge for 4 hrs.

Note: Your GLO Control is fully charged & ready to use when all three bands are illuminated.

2



SET

Pre-Heat, Apply Lip Care, & GLO Vial Gel

- Prior to starting each 32-min whitening treatment, pre-heat the mouthpiece by letting it run for one 8-min cycle.
- Apply a thin layer of GLO Lip Care to lips.
- Remove GLO Vial* Cap & squeeze small amount of gel (½ pea size) onto brush tip.
- Brush thin layer of whitening gel onto top & bottom teeth - fronts only.

3



GLO

Whiten & Brighten Your Smile!

- Place GLO Control lanyard around your neck & attach the mouthpiece cord firmly to the Control.
- Press "GLO" button to illuminate the mouthpiece.
- Place mouthpiece in your mouth.
- The mouthpiece will blink & turn off when your 8 min are up.
- Reapply whitening gel to teeth & repeat three more times in a row, for a total of four consecutive 8-min applications or as we've directed you.

* One GLO Vial contains enough gel for 4 applications.
Purchase additional Vials at our office when you run out, so you can continue touch-ups.



In-Office Post-Treatment Instructions

For the first 48 hrs, your teeth will be especially vulnerable to staining. For this reason, you should avoid:

- Tobacco
- Red wine, red meat, soy sauce, mustard, coffee/tea, soda, berries or other dark fruits and fruit sauces, tomatoes & tomato sauces/juices, dark vegetables or foods containing artificial dyes or colorings
- Avoid colored lipstick
- Avoid colored mouthwash
- If your daily homecare involves the use of Peridex or any Chlorhexidine, wait 48 hrs before continuing the usage of this product
- As a general rule of thumb, avoid anything that would stain a white shirt

Additional ways to maintain your white smile:

- Teeth whitening is not a permanent procedure. Maintain your white smile with regular use of the GLO Professional Take Home Whitening Kit
- Use an electric toothbrush like Oral B or Philips Sonicare
- Practice good oral hygiene by brushing, flossing, & tongue cleaning
- Regular professional dental hygiene care to maintain oral health & keep staining to a minimum

For more tips, check out "Dr. C's Top 10 Tips" on our website. This is information Dr. C has gathered from the most respected dental journals and publications. It has been simplified for patients to understand how to maintain a stellar smile!



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Call or text our office (585) 360-0202 if you have questions!

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