Before you start, you will need:
- GLO Science Professional Chairside Whitening Kit
- Charged GLO® Device attached to sterilized or new GLO mouthpiece found in the GLO Take-Home Kit
- Additional materials: VITA Shade Guide to be used for motivational shade taking* (arranged from lightest to darkest), hand held mirror, camera, prophy angle, pumice, cotton swab, curing light, 2x2 gauze, benda brush, saliva ejector, surgical suction

1. Take initial teeth shade; share with the patient and enter in chart; photograph patient’s “before” smile (with and without matching shade tab).

2. The GLO universal mouthpiece is flexible. Try in mouthpiece for best fit, prior to whitening.

3. Pumice patient’s teeth.

4. Apply GLO lip treatment to lips, using a new cotton swab for each application.

5. Squeeze ends of GLO cheek retractor together, place one side in mouth, and then the other side (GLO logo should be visible inside the mouth, resting on the tongue).

6. Press “GLO” button to preheat mouthpiece for 8-minute pass to reach optimal temp to ensure best whitening results.

7. Air dry upper gingiva with air/water syringe; apply GLO gingival barrier to gingival margin (and CEJ), and make sure to cover all attached gingiva 4-5mm.

8. If recession is present cover these areas to prevent sensitivity. Light cure immediately after gingival barrier placement.

9. Air dry lower gingiva with air/water syringe; apply GLO gingival barrier to gingival margin (and CEJ) and make sure to cover all attached gingiva 4-5mm; apply gingival barrier to incisal edge and light cure.

10. Place folded, 2x2 gauze in top and bottom lip vestibules.

11. Attach whitening mixing tip and ensure it is firmly seated onto dual barrel whitening gel syringe; prior to initial use, bleed the whitening gel syringe; always bleed the syringe tip for freshly mixed gel.

12. Brush gel across top and bottom teeth.

13. Align mouthpiece in mouth, one side at a time, so the “GLO pro” logo is rightside up; apply additional lip treatment and ensure lips do not come in contact with mouthpiece or whitening gel.

14. Ask patient to lightly close mouth to secure mouthpiece; patient’s jaw should be closed but relaxed. Teeth should fit directly into mouthpiece for best whitening results.

15. Start the 8-minute whitening session by pressing the “GLO” button on the control; the control and mouthpiece will light up.

16. Holding the GLO cheek retractor by the tab, gently insert small suction between GLO mouthpiece and cheek.

17. The GLO control will blink to indicate the 8-minute interval is ending; the mouthpiece will automatically turn off.

18. At the end of the 8-minute interval, gently remove GLO mouthpiece and use a surgical suction to remove GLO whitening gel from the GLO mouthpiece and teeth.

19. Confirm gingival barrier is still intact; wipe mouthpiece of any residual H₂O₂ gel; Check soft tissue/lips and add more lip treatment.

20. Reapply GLO professional whitening gel to all teeth; for best results, prior to reapplying the whitening gel, always bleed the syringe tip for freshly mixed gel.

21. Repeat steps 10 - 20 for up to a total of four 8-minute applications (32 min).

22. After 4th or final application, remove gel, barrier, and retractor; have patient rinse thoroughly.

23. Take final shade of teeth and note in chart; photograph patient’s smile with and without matching shade tab; compare with initial shade and share with the patient.

24. After the In-Office procedure, the patient will now continue with GLO At-Home Whitening 5 days in a row, up to 4 applications per day. Post-whitening instructions are on the reverse side.

Hydrogen peroxide whitening gel should not be swallowed. If a small amount is accidentally ingested, patient should rinse mouth thoroughly and drink fluids.

For more information about any of the steps in this guide, including indications for use, contra-indications, safety directions, and patient precautions, please see the User Manual included with your GLO Science Professional Chairside Whitening Kit.

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Patient At-Home Instructions

- Patient should avoid eating or drinking anything that can stain a white t-shirt for 48 hours after whitening.
- GLO® is specially designed for use by patients with sensitivity. That said, it is still normal for some people to experience mild post-treatment sensitivity for 1-3 days after whitening. To minimize this, instruct patient to:
  - Avoid excessively hot or cold food or beverages
  - Brush using a sensitivity toothpaste
  - With the approval of his/her doctor, take a mild OTC analgesic
- If soft tissue is sensitive, rinse affected area and apply extra GLO lip treatment

GLO Dual Whitening Treatment Protocol Guide

Dual Whitening (GLO chairside treatment followed immediately by an at-home GLO whitening regimen) yields the best results. This dual approach, pioneered by GLO Science, enables patients to stabilize their whitening results after their office visit and continue whitening at home to achieve and maintain their ideal GLO smiles.

STANDARD TREATMENT

- IN-OFFICE TREATMENT
  - 30% H₂O₂
  - Four 8-minute applications

TAKE-HOME TREATMENT

- Three 8-minute applications per day for 5 days post initial in-office treatment
- *Difficult cases can whiten for up to 10 days at home.

AT-HOME MAINTENANCE

- Whiten 1x per month using 1 G-Vial to complete four 8-minute passes

IN-OFFICE TOUCH UP

- Two or Three 8-minute passes at each hygiene visit

SENSITIVE & PATIENTS <20 YEARS

- IN-OFFICE TREATMENT
  - 24% H₂O₂
  - Two or three 8-minute applications

TAKE-HOME TREATMENT

- Two 8-minute applications per day for 5 days post initial in-office treatment

Advanced tetracycline stains require a longer, more aggressive treatment protocol.
Complete 2 in-office whitening treatments of four 8-minute applications of 30% H₂O₂ two weeks apart.
Follow each in-office treatment with 14 days of Take Home whitening, completing four 8-minute passes per day at home.

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