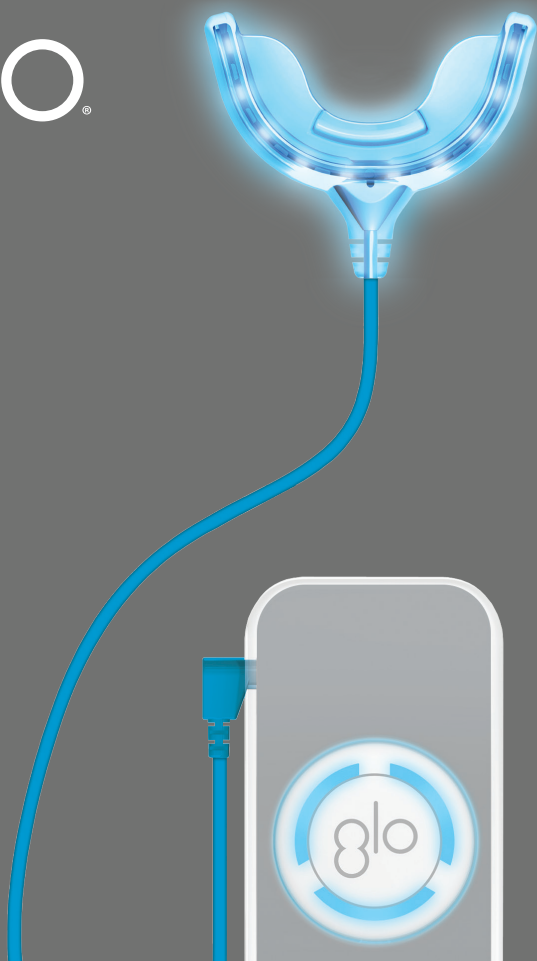


# GLO™ Science Professional

Chairside User Manual

glo.®



# Quick Start Instructions



Take initial teeth shade; share with the patient and enter in chart; photograph patient's "before" smile (with and without matching shade tab).



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



Pumice patient's teeth.



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.



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



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.



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.



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.



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



Confirm gingival barrier is still intact; wipe mouthpiece of any residual  $H_2O_2$  gel. Check soft tissue/lips and add more lip treatment.



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.



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



Apply GLO lip treatment to lips, using a new cotton swab for each application. (to prevent slippage, you may prefer to apply lip treatment after insertion of lip & cheek retractor)



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).



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



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



Attach whitening mixing tip and ensure it is firmly seated onto dual barrel whitening gel syringe; prior to initial use, bleed a small amount onto bracket tray to ensure even mix.



Brush gel across top and bottom teeth.



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



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



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.



After 4<sup>th</sup> or final application, remove gel, barrier, and retractor; have patient rinse thoroughly.



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.



After the In-Office procedure, the patient can now continue with GLO At-Home whitening with the GLO Professional Take-Home Kit for 5 days in a row, up to 4 applications per day. Share post-care instructions.

GLO Science Professional offers a patented dual whitening experience, providing an in-office teeth whitening procedure plus an easy-to-use, award winning take-home device for maintenance. GLO Science is proud to provide the best in-office and take home whitening solution for your practice and your patients.

The in-office whitening treatment allows for faster appointments, requiring only four 8-minute passes, a 32-minute procedure in total. The patented closed-system mouthpiece is designed to minimize sensitivity, as heat activates and accelerates the whitening process.

After the in-office procedure, the patient may be provided their personal GLO Science PRO take-home kit to maintain their whitening results. The GLO Science PRO take-home includes the same professional technology used in the office, combined with whitening gel that is safe for home use.

Watch our Chairside Training Video and Motivational Shade Taking Training Video, available on [glosciencepro.com](http://glosciencepro.com)

## 1. MATERIAL REQUIREMENTS FOR CHAIRSIDE WHITENING

### 1.1 GLO Science Professional Chairside Whitening Patient Kit

1 professional hydrogen peroxide whitening gel dual barrel syringe  
1 light-cured gingival barrier syringe  
1 patented lip and cheek retractor  
1 vitamin E and aloe lip care pot  
2 gingival barrier syringe tips  
2 whitening gel syringe mixing tips  
1 tooth shade guide

### 1.2 GLO Science Professional Hardware Kit with autoclavable mouthpiece

GLO Control  
GLO Dock  
Autoclavable Mouthpiece  
Power Adapter  
USB Cable  
Start Guide

*\*Kit sold separately*

### 1.3 GLO Science PRO Take-Home Kit

GLO Science PRO Mouthpiece + Case  
GLO Professional Whitening Gels (10)  
GLO Control  
Lanyard  
GLO Lip Care  
Power Adapter  
USB Cable  
GLO Science PRO User Manual

*\*Kit sold separately*

### 1.4 Materials needed (not provided)

Prophy angle	Surgical suction
Pumice	VITA Shade Guide
Cotton swabs	(arranged from
Curing light	lightest to darkest)
2x2 Gauze	Hand held mirror
Benda brush	Camera
Saliva ejector	

## 2. INDICATIONS FOR USE

### 2.1 Qualifications

A patient consultation is recommended to ensure no underlying oral health issues exist. Clean teeth, preferably following a prophylaxis, will respond better to whitening. You may want to treat existing issues before recommending whitening treatment and disqualify any patient who exhibits failing restorations or is otherwise in an unhealthy oral state.

### 2.2 Expectations

Set realistic expectations about potential results based on oral exam. Explain results vary. Based on clinical studies most patients will experience 1-5 shade change on VITA Classical Shade Guide\* depending on starting shade.

Ask the patient whether they would like a natural white or a bright white result followed by how many shades they want to change, knowing that an average of 5 shades is possible. Managing expectations is critical and we recommend taking before pictures with a shade tab and an after picture with the new shade tab to show the improvement.

After the in-office procedure, the patient goes home with the GLO Science PRO device to maintain the results.

## 3. CONTRA-INDICATIONS

Research has not evaluated possible effects of whitening procedures on all patient types. Whitening candidates with the following attributes should consult a medical doctor before use:

- Pregnant and lactating mothers
- Those currently treated for a serious illness or disorder, e.g. immune compromised, AIDS, etc.
- Children under the age of 13

## 4. SAFETY DIRECTIONS

Wear suitable protective clothing and protective eyewear. Avoid contact with soft tissue and salivary flow. Soft tissue and root surfaces must be isolated and protected with light-cured gingival barrier. Keep out of reach of children, in a cool place, away from combustible material.

## 5. PATIENT PRECAUTIONS

Improper isolation may result in burning of gingiva, soft tissue, and swollen lips due to hydrogen peroxide from whitening gel coming in contact with tissue. Patients more susceptible to sensitivity are those with:

- Known hypersensitivity
- Untreated caries
- Exposed root surfaces
- Defective restorations
- Oral tissue injury
- Untreated periodontal disease
- Sunburnt lips/frequent sun exposure

Wait 7 days after whitening to place bonded restorations. Patients with porcelain fused metal crowns, amalgams, lingual bars or implants may feel heat.

## 6. FIRST AID INSTRUCTIONS

Contact a Poison Information Center or medical doctor at once if large quantity is swallowed. Provide ingredient label if possible. Do not induce vomiting and immediately give glass of water. If Hydrogen Peroxide gel gets into eyes, hold eyes open, flush continuously with water for 15 minutes. If contact occurs between whitening gel and soft tissue, rinse affected area and apply Vitamin E or GLO Lip Care.

Before you begin, make sure your shade guide is in the correct order to take a proper whitening shade before and after the procedure:



## 7. GLO SCIENCE PROFESSIONAL CHAIRSIDE WHITENING TREATMENT

### Prior to patient arrival:

- Make sure your GLO Autoclavable Mouthpiece has been sterilized and is ready for use by a new patient. If you don't have the autoclavable mouthpiece, you may use a new mouthpiece from the patient's PRO take-home kit.
- Ensure the GLO Control has full charge and is fully functional – make sure all three bands of GLO Control are lit blue. Charging takes 4 hours.
- Once GLO Control is fully charged, plug mouthpiece into GLO control until it clicks in place.

### 7.1 Patient assessment

#### 7.1.1. Take teeth shade

Prior to beginning, take teeth shade using the VITA Classical Shade Guide\* arranged in order from dark to light (see page 4 for correct order). Make sure patient is involved in the shade taking so they own the result with you.

#### 7.1.2. Take before digital photos

We recommend taking retracted "before" photo using a matched shade tab.

#### 7.1.3. Diagnose Patient

Diagnose patient based on dental history, oral health and sensitivity issues. Set patient expectations.

**7.1.4. Demonstrate GLO Science PRO take-home box** to the patient and review steps to familiarize patient with process for at home maintenance.

### 7.2 Patient preparation

#### 7.2.1. Place protective eyewear

#### 7.2.2. Clean teeth

Pumice just prior to whitening.

#### 7.2.3. Place lip protectant

Place GLO Lip Care on patient's lips using cotton swab.

#### 7.2.4. Insert retractor

Retractor provided is necessary to ensure proper positioning of the mouthpiece. Insert retractor at an angle, retracting one side at a time using a dental mirror to assist in placement, if needed.

### 7.3 Patient isolation

#### 7.3.1. Place saliva ejector in mouth

#### 7.3.2. Gauze placement

Take a 2x2 gauze and fold it three times length-wise. The gauze is easier to place when it's slightly wet. Place the gauze high into the vestibule area above the upper and lower lips.

#### 7.3.3. Preheat GLO Device

Before beginning the gingival barrier procedure, allow the GLO mouthpiece to preheat to optimal temperature by pressing the GLO control button and run for 1 cycle.

#### 7.3.4. Light cured gingival barrier

Exposed dentin and soft tissue should be covered by barrier material. Dry soft tissue and begin by scalloping barrier material to CEJ area (gingival margins) on upper teeth slightly overlapping enamel and interproximal spaces to form enamel seal.

After placement of gingival barrier on soft tissue, use a curing light to harden the barrier. Fill in the gingival barrier from the rolled 2x2 gauze to the CEJ. Be sure to cover all interproximal areas leaving no soft tissue exposed. On lower arch apply gingival barrier. Use tip of syringe to press lightly on application to ensure it is completely cured.

Materials should be solid and have no give. If necessary, cure arch again for additional 5 seconds. Application should extend distal at least one tooth beyond area receiving whitening gel and be about 2mm thick.

### 7.4 GLO Whitening procedure

#### 7.4.1. Apply GLO Science Professional Gel

Remove cap of GLO Science Professional Gel Syringe and attach mixing tip aligning markings and secure with 1/4 turn clockwise. Use caution not to disturb barrier material. Gingival irritation can occur with prolonged exposure to the whitening gel. Apply GLO whitening gel across the facials of all teeth to be whitened.

With a benda brush/microbrush ensure all teeth have equal amounts of gel. Use caution not to disturb barrier material.

#### 7.4.2. Insert mouthpiece in mouth

Insert mouthpiece one side at a time, ensuring that the gingival barrier and gel is undisturbed. Ask the patient to close down gently; this is very important. The upper and lower teeth need to be covered by the mouthpiece for optimal whitening.

#### 7.4.3. Begin 8-minute session

Press the GLO button on the control once the mouthpiece is positioned correctly.

Remind the patient that each application is only 8 minutes and the GLO control will automatically turn off at the end of the 8 minutes. Have the patient close down gently, relax, and enjoy the music or movie if the office provides.

#### 7.4.4. End of each 8-minute whitening session

Ask the patient to slowly open and gently remove mouthpiece being careful not to remove the gingival barrier. Remove the whitening gel from the teeth with surgical suction or end of a cotton roll. Reapply whitening gel to all facial surfaces of teeth and brush the gel evenly with a benda brush/microbrush. Clean the GLO mouthpiece at each interval with a clean 2x2 to ensure whitening gel does not reach lips or soft tissue area. Insert mouthpiece and press GLO button.

In between whitening sessions, it may be necessary to clean off gel from top and bottom of mouthpiece with wet gauze.

For some patients it may be necessary to place a cotton roll under mouthpiece above lower lip. This will ensure that mouthpiece stays in place.

#### 7.4.5. Repeat three 8-minute applications

**7.4.6. At the end of all 4 applications**  
Remove GLO mouthpiece and surgically suction all the whitening gel from facial and gingival barrier. Remove stuck on gel from teeth with wet cotton roll if needed.

With an explorer, remove gingival barrier and gauze. Rinse entire mouth with air/water syringe to remove possible gel from soft tissue, tongue, palate, lips, and floor of mouth.

## 8. POST TREATMENT

### 8.1 After photo

Using lip retractor, take retracted "after" photo with lighter shade tab in place. Measure shade change by counting shade shift using the VITA Classical Shade Guide\*. Remove retractor and ask patient to rinse.

Show patient their starting shade versus their post-whitening shade to demonstrate results.

Mark & label the GLO Shade Guide for the patient to monitor their progress at home if providing GLO Take-Home kit.

**8.2 GLO Science PRO Take-Home Kit**  
Demonstrate at-home whitening process. Review maintenance protocol based on chairside whitening.

GLO Science PRO Take-Home Maintenance	Length of At-Home Treatment
Lighter Tooth Shade	5 days
Medium Tooth Shade	7 days
Medium to Dark Tooth Shade	5 days (rest for 2)* then 5 days

*\*if needed*

### 8.3 Review post-care instructions

Anything that can stain a white t-shirt can stain your teeth. The more staining agents you use or consume, the more frequent your maintenance should be.

### 8.4 Sterilize the mouthpiece

Autoclave the mouthpiece. If you used the patient's mouthpiece from the PRO take-home kit – rinse, dry, and return to kit for patient to use for homecare maintenance.

## 9. STORAGE INSTRUCTIONS

You may keep GLO Science Professional Gel in the refrigerator to extend shelf life, but it is not critical as this is a very stable formula.

## 10. TIPS AND TRICKS TO GLO

Refer patients to our website, [www.gloscience.com](http://www.gloscience.com), where they can find detailed animations and step by step instructions for GLO at home.



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CAUTION



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BEFORE USE



SINGLE  
USE



IRRITANT



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REACH OF  
CHILDREN



KEEP OUT OF  
SUNLIGHT