

Whitening with Opalescence

- Thoroughly brush and floss your teeth.
- After removing the cap from the Opalescence syringe tip, place a teardrop size in each tooth in the deepest portion of the tray, towards the front side. For your upper and lower trays, you will need a total of 1/3 to 1/2 of a syringe.
- Seat the tray snugly over the teeth. Gently press tray on the biting surface to move gel into place. Pressing too firmly will move too much gel out of the tray. Do not press on the front of the tray. Gently remove the excess gel that may flow beyond the tray's edge.
- You may wear your trays over night or 1-3 hours during the day.
- After the prescribed time, remove the tray. Clean gel from the tray with your toothbrush under **COLD** water. The tray should be removed before eating and/or drinking liquids.

PLEASE DO NOT...

1. Do not use Opalescence while pregnant or lactating.
2. Do not eat while wearing your custom trays.
3. Do not use tobacco products while wearing your trays.
4. Do not expose the syringes to heat and/or sunlight.
5. Do not freeze the Opalescence syringes.

PLEASE REMEMBER...

1. Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
2. A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist. It may be recommended that you bleach every second or third night.
3. Foods and juices high in citrus acid can cause sensitivity to the teeth. Tartar control toothpaste can also cause sensitivity.
4. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
5. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with Opalescence.
6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile. We also recommend an electric toothbrush such as the Oral-B.
7. Some old amalgam, or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.