



Take home whitening (bleaching)

Step by Step Instructions



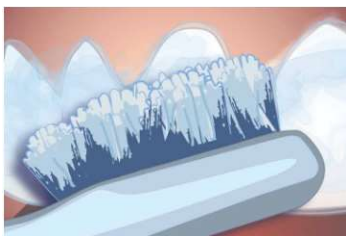
Step 1 - Load tray

Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray.

Step 2 - Insert tray

Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on which concentration of Opalescence you use:

Opalescence 10%: 8–10 hours or overnight or Opalescence 35%: 30 minutes



Step 3 - Remove tray and brush teeth

Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth twice being sure not to swallow rinsed gel.



Step 4 - Clean tray

Clean tray with soft brush and cool tap water. Store tray in the case that came with your kit. If you experience any significant sensitivity, stop your treatment.

Bleaching Precautions

- Do not use household bleach to whiten teeth.
- Pregnant women should not bleach.
- If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please call our office as soon as possible.
- Do not use tobacco products or eat while bleaching.
- White spots that appear on the enamel during the bleaching process may blend during continued bleaching.
- 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.

General Precautions

- Keep Opalescence out of reach of small children.
- Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.
- A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact your dentist.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- 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 get worse, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- 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.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Some old amalgam or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.
- Crown, bridges, partial dentures, veneers and composite fillings will not bleach.
- Store bleach out of the sun and heat. Refrigeration is recommended. Do not freeze.
- Discard any unused bleaching gel after treatment is completed.