

## Patient Whitening Instructions



Follow your dentist's instructions on how to load gel into your custom bleaching tray. Place one small dot of material on the center of the tooth's front surface.



Brush teeth, then insert tray. Lightly tap tray to adapt tray sides to teeth. Opalescence 10%, 15%, 20%: Remove tray after 8-10 hours during the night, or 4-6 hours during the day. Opalescence 35%: Remove tray from mouth after 30 minutes



Remove excess gel with clean finger or soft toothbrush. Rinse twice; do not swallow rinses.



If significant sensitivity occurs, stop treatment and consult dentist.



Clean tray with soft brush and cool tap water. Store tray in case provided.

## **Bleaching Precautions**

1. Do not use household bleach to whiten teeth.
2. Keep gel out of heat/sunlight. Do not freeze.
3. Tooth fillings and crowns do not respond to tooth bleaching.
4. Foods and juices high in acid may cause sensitivity.
5. If you have any questions regarding the appropriate use of this product, please consult your dentist as soon as possible.
6. Do not use tobacco products or eat while bleaching.

## **General Precautions**

1. Teeth are naturally darker along the gumline. 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, remove the tray and contact your dentist.
3. Foods and juices high in citric acid can cause sensitivity to the teeth.
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 our dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
5. Coffee, tobacco, and other products can restain your teeth over time. Should this occur, teeth can be rewhitened within a few nights with Opalescence.
6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
7. If you have any questions pertaining to this treatment, please ask your dentist.
8. Some old amalgam or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.

9. Store bleach out of the sun and heat.
10. Unused bleaching gel can be stored in the refrigerator for up to two year.
11. Keep Opalescence out of reach of small children.
12. Do not swallow gel or rinses. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.