

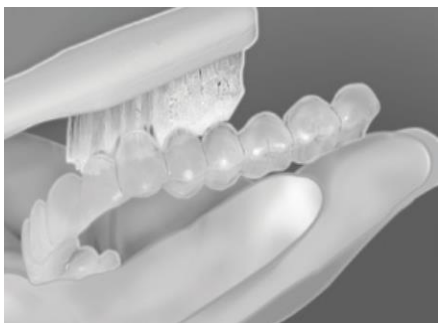
Whitening Instructions

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



Brush teeth, then insert tray. Lightly tap tray to adapt tray sides to teeth. Wear Opalescence/Venus 10% for 8-10 hours or overnight. Opalescence/Venus 15% for 4-6 hours, Opalescence/Venus 20% for 2-4 hours, and Opalescence/Venus 35% for 30 minutes.

Remove excess gel with clean finger or soft toothbrush. **Rinse twice; do not swallow rinsed gel.** If significant sensitivity occurs, stop treatment and consult dentist.



After whitening, clean tray with soft brush and cool tap water. Store tray in case provided.

Whitening Precautions

1. Do not use household bleach to whiten teeth.
2. Keep get out of heat/sunlight. Do not freeze.
3. Tooth fillings and crowns do not respond to tooth whitening.
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.
6. Do not use tobacco products or eat while whitening.

General Precautions

1. Teeth are naturally darker along the gum line. These 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 whitening. Should this occur, remove the tray and contact your dentist.
3. 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.
4. Coffee, tobacco, and other products can re-stain your over time. Should this occur, teeth can be re-whitened with a few nights with whitening gel.
5. Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.
6. If you have any questions pertaining to this treatment, please ask your dentist.
7. Some old amalgam or "silver" fillings may leave a dark purple color in your whitening tray; this is normal.
8. Store whitening gel out of the sun and heat.
9. Unused whitening gel can be stored in the refrigerator for up to two years.
10. Keep whitening gel out of reach of small children.
11. Do not swallow gel or rinses. Product contains peroxide and may contain fluoride; swallowing large amount can be harmful.