

## **Instructions for Opalescence Tooth Whitening System**

Thoroughly brush and floss your teeth just prior to inserting the whitening trays.

Place a thin strip of whitening gel (approximately the width of a piece of angel hair pasta) into the tray from molar to molar, as instructed.

1 syringe is normally three applications, upper and lower.

Insert the trays, adapting them to the sides of your teeth. Be sure to wipe any excess gel away from your gum tissue.

Wear the whitening trays for a minimum for 1 hour a day. The trays can be worn overnight. The solution will dilute with time, but is still of benefit the longer the trays are left in.

Clean your trays after each use with a soft toothbrush and cool tap water.

Store your trays in the case provided.

Store unused whitening solution in the refrigerator.

“Touch up” your smile every 6 months to a year.

Individual tubes of whitening gel can be purchased at our office.

Most people experience no side effects. However, if cold sensitivity occurs, stop using the whitening trays daily and use every other day. If significant sensitivity occurs, stop using them and call our office.