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At-Home Whitening Instructions

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- Follow your dentist's instructions on how to load gel into custom bleaching tray. Use no more than 1/3 to 1/2 of the syringe.
- Brush teeth before inserting tray. Lightly tap tray to adapt tray sides to teeth.
- Wear Opalescence 10% or 15% for 30 minutes before sleeping. Use it 2 days on with 1 day break.
- Remove excess gel with clean finger or soft toothbrush. Rinse twice; do not swallow rinsed gel.
- Clean tray with soft brush and cool water. Store tray in case provided.

Bleaching Precautions

- If you are pregnant, don't bleach.
- Do not use tobacco products or eat while bleaching.
- White spots that appear on the enamel or that appear during bleaching may blend during bleaching process.
- Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually will remain slightly darker.
- If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please consult our dentist as soon as possible.

General Precautions

- A small percentage of patients may experience sensitivity with bleaching. Should this occur, remove the tray and contact us.
 - Food and juices high in citric acid can cause sensitivity to the teeth.
 - Some patients have noticed temporary discomforts of the gums, lips, throat or tongue. Should any of these symptoms persist for longer than 2 days or get progressively worse, call us right away. These side effects will usually subside within 1-3 days after treatment is discontinued.
 - Coffee, wine and tobacco can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights using Opalescence.
 - Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
 - If you have old metal fillings, they may leave a dark purple color in your bleaching tray. This is normal. Crowns, bridges, partial dentures, veneers or composite fillings will not bleach.
 - Store bleach out of the sun and heat. Refrigeration is recommended. Do NOT freeze gel.
 - Discard any unused bleaching gel after treatment is completed.
 - Keep out of reach of small children and pets.
- Do not swallow rinsed gel. Product contains peroxide and may contain fluoride, swallowing in large amounts may be harmful.