



Opalescence Whitening Instructions



Opalescence Whitening pre-filled syringes are an effective way to safely whiten teeth. Please follow all directions below to ensure you successfully achieve optimal, long-lasting results. You have been provided with 2 syringes. These are estimated to provide approximately 30 days of whitening. These syringes have an average expiration date of approximately 2 years unopened when properly sealed and stored and should be refrigerated. Dr. Smith recommends whitening for 10 consecutive days, and saving the remainder for any touch-ups needed in the future.

Step 1	Step 2	Step 3	Step 4
 <p>Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar.</p>	 <p>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 whitening you use.</p> <ul style="list-style-type: none"> • Opalescence PF 10%: 8-10 hours or overnight • Opalescence PF 15%: 4-6 hours • Opalescence PF 20%: 2-4 hours • Opalescence PF 35%: 30-60 minutes • Opalescence PF 45%: 15-30 minutes 	 <p>Remove excess gel with a soft toothbrush.</p>	 <p>Clean tray with soft toothbrush and water. Store in tray case provided.</p>

Dr. Smith's Recommendations:

- Place a tiny dot of gel into the tray on each tooth within your smile line (Usually the front 6 teeth).
- Wipe any excess gel (if any) off gum tissue with a damp cloth.
- Only wear trays with whitening in them 8-10 hours at a time. You may sleep in them.
- When you remove the trays, brush them with a toothbrush and water and then gently brush your teeth.
- If you experience sensitivity, reduce the time of use and skip one to two treatments. If sensitivity continues, contact us to discuss incorporating MI Paste into your routine.
- Whiten for 7-10 days continuously, after the 10th day you may stop and only whiten to maintain. It could take up to 2 weeks for your tooth color to settle after final treatment.
- COFFEE, TEA, RED WINE, SUGARY SODAS, CITRUS BEVERAGES, MUSTARD, ETC. WILL ALL WORK AGAINST THE WHITENING PROCESS- PLEASE LIMIT SUCH THINGS!

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