

# Start whitening your smile today

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, contact your dentist. It may be recommended that you bleach every second or third night. You can also use Opalescence during the day for 1-3 hours.

3. Foods and juices high in citrus 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 your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.

5. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened 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. Discard any unused bleaching gel after treatment is completed.



**Opalescence**  
tooth whitening systems



Thoroughly brush your teeth using the Opalescence® Whitening Toothpaste.

After removing the cap from the Opalescence syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. One-half to three-fourths of the syringe will be necessary.

Seat the tray over the teeth. Gently remove excess gel that may flow beyond the tray's edge. Rinse your mouth twice, using care not to swallow.

You may wear tray overnight or during the day.

After the prescribed time, remove the tray. Clean gel from the tray. The tray should be removed before eating and/or drinking liquid.

## Please Do Not

1. Do not use Opalescence while pregnant or lactating.
2. Do not eat while wearing your custom trays.
3. Do not use tobacco products while wearing your trays. DO NOT smoke while tray is in mouth.
4. Do not expose the syringes to heat and/or sunlight.
5. Do not freeze the Opalescence syringes.

## Whitening with

Opalescence  
tooth whitening systems



Brush your teeth. Load tray with unit dose Opalescence whitening gel as shown.



Place tray snugly over your teeth. Gently press tray to move gel into place. Pressing too firmly will move too much gel out of the tray.



Gently wipe off excess gel with a toothbrush or clean finger. Rinse thoroughly with water, twice. Do not swallow rinses.

## Special Instructions

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