

Patient Instructions for Professional Home Whitening



Place your 4 pack of Opalescence gel in the refrigerator. Store your trial 15% and 20% single syringes out of direct sunlight and at room temperature. Before applying whitening trays and gel, brush and floss your teeth. Apply a minus sign of gel on the internal front part of the upper and lower trays, except do not apply for last tooth at the ends of the trays. Use no more than 1/3 of a syringe per daily application.



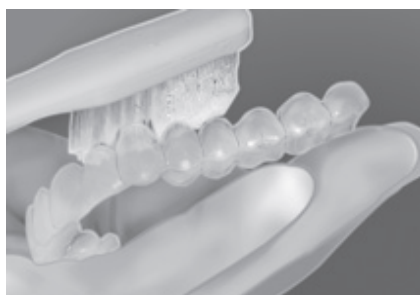
Lightly tap tray to adapt tray sides to teeth and to spread gel evenly over the front of each tooth.



Remove excess gel off the gums with a clean finger or a very soft toothbrush without toothpaste. Wear Opalescence all night. Repeat nightly, taking each additional syringe to be used out of the refrigerator the day before using it. Syringes not used should be left in the refrigerator and will be effective for up to 3 years.



If mild sensitivity occurs with your trial 20% gel, either switch to wearing it for 1-2 hours per application or try the 15% gel. You can return your unopened Opalescence 20% 4 pack for a 15% version. If these are still too sensitive, stop whitening and use Sensodyne toothpaste 2x daily. After the week, continue the Sensodyne and try whitening again. If sensitivity is still bothering you, stop treatment and consult our office.



As soon as you are done with a whitening application, take the trays off and brush your teeth with room temperature water and toothpaste. Remove all the toothpaste from your toothbrush and with room temperature tap water clean the inside of your trays. Remember that warm or hot water can distort the trays. Store trays in case provided. Whiten teeth approximately 5-10 days and refrigerate left over gel to do touch-ups for 1-2 nights following your dental cleaning and checkup at our office.

If any cosmetic restorative work will be done, please make sure that you finish whitening not later than 2 weeks BEFORE YOUR APPOINTMENT.

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