

# Opalescence Whitening Instructions

10% for 8-10 hours or overnight

15% for 4-6 hours

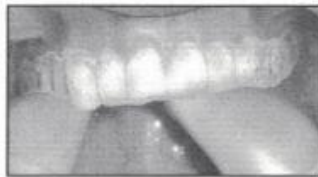
20% for 2-4 hours

35% for 30-60 minutes

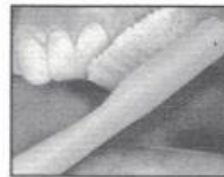
Quick 45% for 15-30 minutes



Follow your dentist's instructions on how to load gel into your custom bleaching tray.



Lightly tap tray to adapt tray sides to teeth. Wear Opalescence 10% gel for 8-10 hours or overnight, Opalescence 15% for 4-6 hours, Opalescence 20% gel for 2-4 hours, Opalescence 35% gel for 30-60 minutes, and Opalescence Quick 45% gel for 15-30 minutes.



Remove excess gel with clean finger or soft toothbrush. Do not swallow rinsed gel.



Clean tray with soft brush and water. Store tray in case provided.

## Precautions:

1. If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please consult your dentist.
2. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
3. Some patients experience sensitivity with bleaching. Should this occur, stop treatment and contact your dentist.
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. Pregnant or breastfeeding women, or patients with serious health concerns should not whiten. Consult their primary care provider prior to treatment.
6. If patient has a known allergy or chemical sensitivity to any of the ingredients in Opalescence whitening, do not use. Mint or melon flavor can be irritating to some patients. If a patient has a known sensitivity to flavorings, the non-flavored variant should be selected.
7. Do not use household bleach to whiten teeth.
8. Do not use tobacco or eat while bleaching trays are in place.
9. Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
10. White spots that appear on the enamel during the whitening process may blend with continued whitening.
11. Crowns, bridges, partial dentures, veneers, and composite fillings will not bleach.
12. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, teeth can be re-whitened.
13. Some amalgam fillings may leave a dark purple color in your bleaching tray; this is normal.
14. Check expiration date and store according to instructions.
15. Avoid swallowing large amounts of gel or water used to rinse gel residue from the teeth.
16. Avoid contact with eyes.