

OPALESCENCE GO TRAYS (15%) TEETH WHITENING INSTRUCTIONS



STEP 1: Remove the whitening trays from the packaging.
'U' - upper whitening tray
'L' - lower whitening tray



STEP 2: Position upper tray on teeth.



STEP 3: Bite firmly, then suck on tray for 2 seconds.



STEP 4: Remove colored outer tray; leaving the white inner tray on teeth. Repeat the process for the lower tray.



STEP 5: After 15-20 minutes, remove whitening trays and brush teeth.

- Keep whitening trays refrigerated. Before using, allow the trays to warm to room temperature. This will make it easier for the tray to adhere to the teeth.
- Keep the whitening trays out of heat/sunlight.
- DO NOT wear the whitening trays overnight.
- DO NOT eat, drink, or use tobacco while whitening trays are in place.
- Acidic foods/juices may cause sensitivity if consumed shortly after bleaching.



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- Avoid swallowing large amounts of gel. Ingestion of small amounts of gel during use is expected.
- Some patients may experience temporary discomfort of the gums, lips, throat, tongue or teeth. Should any of these symptoms persist or worsen after discontinuing use, or in cases of severe discomfort, contact our office immediately.
- Crowns, veneers, bridges and composite restorations will not whiten.
- White spots on the enamel may become more apparent during the whitening process.
- Pregnant or nursing women should not use teeth whitening products.
- Keep whitening trays away from small children.
- Occasionally, some parts of the teeth bleach faster or less evenly than others. Results may vary. In approximately 5% of the population, teeth may be resistant to whitening.
- Bleaching teeth with large metal fillings may cause the metal color to show through the teeth and/or leave a dark purple color in your whitening tray; this is normal.
- Bleaching trays are intended for patients with healthy gum tissues. Gum tissue irritation may result if used in individuals with periodontal disease.
- Avoid contact with eyes.
- For optimal results, avoid drinks such as coffee, wine and dark sodas for 48 hours after bleaching due to their potential to re-stain your teeth. Consider drinking a glass of water immediately afterwards or sipping any dark drinks through a straw.

You made a *great decision* in enhancing **YOUR SMILE!**

Enjoy the *convenience, ease* and *simplicity* of this whitening product.

If you need further help or instructions, reach out to us!