



## Whitening Instructions

You've received the Opalescence Tooth Whitening System  
Please follow these guidelines for safe at home bleaching.  
Let us know if you have any concerns prior to use.

- ❖ Load tray by expressing one small bead of gel in the center each front tooth (if solution becomes expressed onto gum tissue once tray is seated be sure to remove as this will cause increased irritation). Only the teeth that are visible when you smile, need gel.
- ❖ Please note observing appropriate wear times and following instructions as directed can speed results and reduce long-term exposure to peroxide:

30 minutes maximum wear time for 35% carbamide peroxide gel  
4–6-hour maximum wear time for 15% carbamide peroxide gel

- ❖ Keep solution out of heat and/or direct sunlight.
- ❖ Material should be refrigerated to maintain shelf life.
- ❖ Do not swallow gel or rinsed gel, product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.
- ❖ Opalescence should not be used during pregnancy.
- ❖ If there is a known allergy or chemical sensitivity to peroxides, carbopol, glycerin, etc. Opalescence should not be used.
- ❖ Hypocalcified areas, which may not be visible to the naked eye will whiten faster, thereby becoming more obvious during bleaching in such case continue bleaching treatment until the unaffected tooth surface blends.
- ❖ Please note it is normal to experience increased sensitivity during treatment, if this becomes bothersome discontinue use, an anti-inflammatory such as ibuprofen may be used as well as an over-the-counter sensitive toothpaste.

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