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TOOTH WHITENING WITH CUSTOM TRAYS AT HOME

1. Load custom trays with a small line or dot in each tooth space; use no more than 1/3 to 1/2 tube per tray
2. brush teeth, insert tray into mouth lightly press onto teeth making sure a small amount of gel rises above the tray, wipe off excess with a dry finger or soft tooth brush, gently rinse and spit. Do not swallow excess gel.
3. wear trays with gel for recommended time
 - Opalescence 10% gel : 8 -10 hours or overnight
 - 15% gel: 4 – 6 hours
 - 20% gel: 2 – 4 hours
 - 35% gel: 30 minutes

*for some patients 1 1/2 hours is sufficient for 15% and 20%
4. After wearing for recommended time remove trays clean with soft brush and tap water, store in case provided
5. Gel is very “sticky” you may need to brush your teeth following procedure
6. If you have any questions or concerns please call the office ☺

WHITENING PRECAUTIONS

1. Do not use household bleach to whiten teeth
2. Pregnant woman should not whiten teeth
3. If you have any questions regarding the appropriate use of this product, including how long it will take to whiten your teeth, please consult our office as soon as possible
4. Do not use tobacco products or eat while whitening
5. White spots on the enamel or that appear during whitening may blend during continued bleaching process
6. 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

GENERAL PRECAUTIONS

1. A small percentage of patients experience sensitivity with whitening. Should this occur, contact our office , a desensitizing gel may be added to your whitening procedure
2. foods high in citric acid can cause sensitivity to teeth
3. 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, contact our office. These side effects will usually subside within 1-3 days after treatment is discontinued
4. Coffee, tobacco and other products can re-stain your teeth over time. Should this occur, you can “touch up” your teeth by using your trays and gel for a few treatments
5. Some old amalgam “silver” fillings may leave a dark purple color in your whitening trays ;this is normal
6. Crowns, bridges, partial dentures, veneers and composite fillings(white fillings),will not whiten
7. Store whitening gel out of the sun and heat. Refrigeration is recommended. Do not freeze
8. Keep whitening gel out of reach of small children
9. Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful
10. Regular dental check-ups and cleanings are important before and after bleaching to maintain a healthy smile ☺