

Take home tray - Opalescence

Whitening Instructions

Follow the instructions on how to load gel into your custom bleaching tray. Place a pinpoint amount inside the tray for the teeth you wish to whiten. Brush teeth before inserting tray. Lightly tap tray to adapt tray sides to teeth. Wear Opalescence 20% for 30 minutes and Opalescence 35% for 30 minutes. Remove excess gel with a clean finger and then immediately rinse your fingers off. If significant sensitivity occurs, stop the treatment and consult the dentist. Clean tray with soft brush and cool tap water, then allow the trays to air dry. ***You may call the office at 651-687-0789 with any questions.***

Bleaching Precautions:

1. Only use the product provided to you by our office to bleach your teeth. Do not use household bleach to whiten teeth.
2. Pregnant women should not bleach.
3. 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 as soon as possible.
4. Do not use tobacco products or eat while bleaching.
5. White spots on the enamel or that appear during bleaching may blend during continued bleaching process.
6. Teeth are naturally darker along the gumline. 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 bleaching. Should this occur, remove the tray and contact your dentist. You may choose to place some desensitizing toothpaste in the tray and wear it for 15 to 20 minutes prior to whitening to desensitize the teeth to the bleaching gel. If you do this, rinse out all of the toothpaste before placing the bleaching gel in the tray.
2. Foods and juices high in citric acid can cause sensitivity to the teeth.
3. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of the 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.
4. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights using Opalescence 20% which we will provide for you at your regular dental check-up.
5. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
6. Some old amalgam or 'silver' fillings may leave a dark purple color in your bleaching tray: this is normal.
7. Crowns, bridges, partial dentures, veneers, composite fillings or any other dental restoration will not bleach.
8. Store bleach out of the sun and heat. Refrigeration recommended. Do not freeze.
9. Discard any unused bleaching gel after treatment is completed.
10. Keep Opalescence out of reach of small children.
11. Do not swallow gel or rinsed gel. This product contains peroxide and may contain fluoride. Swallowing large amounts can be harmful.