

## **Opalescence Tooth Whitening Instructions**

1. Brush teeth before inserting trays.
2. Dispense whitening gel into trays. Each tube will last for 2-3 whitening sessions.
3. Insert tray and shape tray sides to teeth.
4. Remove excess gel from gum line with a cotton swab. Make sure you have full coverage with the gel along the whole tooth surface, add more if needed.
5. Leave trays in for 2-3 hours. The whitening gel is active up to eight hours, but is most active during the first two hours. You have the option of wearing the trays at anytime during the day for two hours or wearing them to bed through the night.
6. Remove trays after whitening session.
7. Brush teeth, rinse and floss.
8. Clean trays with soft toothbrush and cool water. Let dry.
9. Store trays on models provided by your Dentist.
10. Repeat steps 1-9 per day for two weeks or until you achieve the shade you desire.

If you experience any sensitivity during your whitening sessions stop using product for two days then resume, but use every other day instead of daily. Please feel free to contact our office if you have any questions 503-224-7815.