

## Opalescence Whitening

When whitening your teeth with 20 %, you may choose to wear for 2-4 hours every day for 2 weeks. We would not recommend wearing this percentage overnight.

With 15% you may do this for 4-6 hours or overnight.

Or for 35% you may only use this for 30 minutes per day.

Fill trays with only one little dot of bleach in each tooth of tray. If any squishes out onto your gum tissue, wipe away immediately with a wet washcloth, it will burn your tissue. If this keeps happening try painting the bleach on your teeth with a Q-tip and then put the trays over.

Do not drink any coffee, tea, or wine for at least 2 hours after whitening, it will soak up stain quicker.

It may only take 1-2 weeks to get to acquired shade, but we recommend not letting your teeth get lighter than the whites of your eyes as it does not look natural.

When you get to acquired shade you may only need to touch up every 18 months and you can purchase refill kits in this office.

To clean your trays wash thoroughly with cool water and let air dry.

If your teeth become sensitive at all while wearing this product stop wearing and we can dispense to you a desensitizing gel to wear in addition to whitening.

If you have leftover bleach that you want to keep, keep refrigerated until expiration date. Let warm to room temperature before use.

\*Remember, any fillings or crowns will not change color in whitening process, only your natural teeth.\*

If you have any other questions feel free to call 207-236-2400