

## **BLEACHING TRAY INSTRUCTION SHEET**



### **TO USE YOUR OPALESCENCE WHITENING SYSTEM:**

1. Thoroughly brush your teeth using your regular toothpaste.
2. After removing the cap from the opalescence syringe tip, express the contents lightly and evenly into the deepest portion of the tray and up the front side of each tooth impression in your tray.
3. Seat the tray completely and firmly over the teeth. Gently compress the front surface of the tray over each tooth with a clean finger to allow the gel to flow and evenly cover the front surface of the teeth. Using a tissue or clean finger, gently remove excess gel that may flow beyond the tray's edge.
4. The trays should be worn 2 to 3 hours per day. Do NOT sleep in the trays. You may go about your normal activities while wearing the trays however, do not smoke while wearing the trays. The trays should be removed before eating and/or drinking liquids.
5. After the prescribed time, remove the tray. Brush and rinse the residual gel from the teeth and then the trays. Wait 30 minutes before eating or drinking.
6. If your gums become irritated or teeth become sensitive after using your bleaching kit, decrease your time of use by 1 hour. (You may skip a day and try using a fluoride treatment in your custom tray on that day to help desensitize the teeth). Be sure you are not overfilling your trays which will cause excessive seepage of the gel onto the gum tissue while wearing your trays and may inflame the gum tissue.

### **TIPS FOR PROPER USE & CARE OF YOUR WHITENING SYSTEM:**

1. Do not use household products to whiten your teeth.
2. To protect the bleaching gel, do not expose the syringes to heat and/or sunlight. For best results store your syringes in the refrigerator and bring to room temperature prior to use to prevent thermal sensitivity.
3. Foods and juices high in citrus acid can cause sensitivity to the teeth and should be avoided.
4. Should sensitivity of the teeth or gums persist for more than two days or progressively worsen, please call our office. These side effects will usually subside within 1-3 days after treatment is discontinued.
5. 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.
6. Coffee, tobacco and other products can re-stain your teeth over time. Should this occur the teeth can be re-whitened within a few days with opalescence.
7. Some old amalgam or silver fillings may leave a dark purple color in your bleaching tray; this is normal.