

OPAESCENCE INSTRUCTIONS

Step 1 - Load tray

Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray



Step 2 - Insert tray

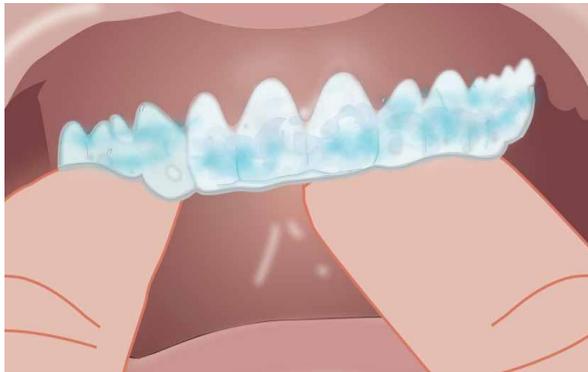
Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on which concentration of Opalescence you use.

Opalescence 10%: 8–10 hours or overnight

Opalescence 15%: 4–6 hours

Opalescence 20%: 2–4 hours

Opalescence 35%: 30 minutes



Step 3 - Remove tray and brush teeth

Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth twice being sure not to swallow rinsed gel.

Step 4 - Clean tray

Clean tray with soft brush and cool tap water. Store tray in the case that came with your kit.

If you experience any significant sensitivity, stop your treatment and call our office.

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