

## Instructions for Application and Usage of Opalescence

### APPLICATION:

1. Brush and Floss teeth (option: rinse with 1tsp baking soda in 46oz warm water)
2. Place the Opalescence in the well provided on the front surface of the desired teeth to be bleached. You should not need any more than 1/3 to 1/2 a syringe per tray.
3. Place the trays in the mouth
4. A small amount of the Opalescence should expel onto the gums upon insertion. Wipe the expelled product clean from the gums with a tissue (If no material expels you may not be placing enough whitening gel in the trays)
5. Leave the trays in the mouth for **either: 30 MINUTES once a day OR 2x 15 MINUTE sessions daily.**
6. Rinse teeth and tray with luke warm water
7. Place MI Paste in the trays. For persons with significant sensitivity, an application prior to bleaching is suggested.
8. Place trays in the mouth and leave on for 10 MINUTES (This step will aid with sensitivity). Rinse mouth and trays after completion.
9. Continue bleaching treatment up to 10 days, stopping earlier if desired result achieved. Make an appointment to come into the office at this point so we can assess your progress.
10. Touch ups may be done as needed.

### SENSITIVITY:

1. You may experience some sensitivity during treatment. If this occurs you may discontinue treatment for a day. Proceed with treatment the following day.
2. The usage of Sensodyne toothpaste should aid in the limitation of sensitivity. As well as the use of the MI paste provided.
3. Citrus fruits contribute to sensitivity and therefore should be avoided during treatment.

### THINGS TO AVOID:

1. Be sure to refrain from consuming any products that may stain the teeth during treatment. This includes, but is not limited to coffee, tea, red wine, berries, etc. for at least 48 hours after treatment.
2. Smoking is a huge contributor to stain and therefore should be avoided during treatment or at least 2 hours after treatment.

### SAFETY PRECAUTIONS:

1. As a safety precaution, opalescence whitening should NOT be used during pregnancy or breastfeeding.
2. If you have a known allergy or chemical sensitivity to peroxides, Carbopol, glycerin, etc., Opalescence whitening should not be used. Mint flavor can also be an irritant.

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