

Post-Operative Instructions

Opalescence Tooth Whitening System

Follow instructions on how to load gel into your custom bleaching tray. Use no more than 1/3 to 1/2 of the syringe, or one bulb per tray.

Brush AND floss teeth before inserting tray. Lightly tap tray to adapt sides to teeth. Unless directed otherwise, wear Opalescence 10% for 8-10 hours or overnight, Opalescence 15% for 4-6 hours, Opalescence 20% for 2-4 hours, and Opalescence 35% for thirty minutes.

Remove Excess gel with clean finger or soft toothbrush. Rinse twice; do not swallow rinsed gel. If significant sensitivity occurs, stop treatment and call our office.

After bleaching, clean tray with soft brush and cool tap water. Store tray in case provided.

Whitening Precautions

- Do not use household bleach to whiten teeth.
- If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please call our office as soon as possible.
- Do not use tobacco products, drink or eat while bleaching.
- White spots that appear on the enamel during the bleaching process may blend during continued bleaching.
- Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- Keep Opalescence out of reach of small children.
- Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.
- A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact your dentist.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- Some patients have noticed temporary discomfort of the gums, lips, throat or tongue. Should any of these symptoms persist more than two days or progressively get worse, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Coffee, tobacco and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with Opalescence.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Some old amalgam or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.
- Crown, bridges, partial dentures, veneers and composite fillings will not bleach.
- Store bleach out of the sun and heat. Refrigeration is recommended. Do not freeze.