

# WHITENING GEL - OPALESCENCE

## INSTRUCTIONS



### Teeth whitening gel Opalescence – intructions for patients

- First, You have to brush your teeth thoroughly using toothpaste. Then remove the tray from the syringe applicator.
- Squeeze the gel from the syringe evenly to the deepest and outer parts of the tray. Usually it is half of the contents of the syringe
- Apply the teeth whitening tray tightly to the teeth and lightly press the tray on so that the gel adheres exactly to Your teeth
- Use a toothbrush or a clean finger to remove excess gel flowing out of the tray
- You can apply the tray at night or during the day
- After the prescribed time by the dentist, remove the tray and remove any gel residue
- The teeth whitening tray should be removed for eating or drinking, You shouldn't also smoke cigarettes during whitening

**Note!** Don't press the overlay too hard because it will cause the gel to flow out and the effect of the treatment will get worse

**Don't swallow the gel residue!**

**NOTE!** Not allowed to:

1. Use Opalescence during pregnancy and while breastfeeding.
2. Eat during using the teeth whitening tray.
3. Use tobacco products (e.g cigarettes) with the attached tray.
4. Expose syringes with gel Opalescence to direct sunlight or high temperatures.
5. Freeze syringes with gel.

**NOTE!**

1. Teeth color along the gum line (tooth neck) usually is darker. This part of tooth could require longer whitening than others and may remain slightly darker after treatment.
2. Small percentage of patients may experience hypersensitivity during treatment. In case of any complaints contact a doctor. Could recommend using the Opalescence every second or third night, or applying an overlay for one to three hours during the day.
3. Sour products or juices (e.g from citrus fruits) may cause tooth sensitivity.
4. Some patients during treatment could complain of gum, lip, throat or tongue complaints. If they last longer than two days or increase, you should contact your dentist. Usually the side effects disappear 1-3 days after the end of the treatment.
5. Coffee, tobacco and other products could cause reappearance of dark color of teeth. In this case repeat the treatment with Opalescence.
6. For the preservation of a beautiful and white smile we recommend regularly do check-ups and any professional tooth cleaning.
7. If you have questions about the treatment, contact the attending dentist.
8. Some old amalgam fillings, "silver seals" may cause a purple color on the teeth whitening tray.
9. After the treatment, please discard the remaining, unused gel.