

## General Precautions

1. Keep Opalescence whitening system products out of reach of small children.
2. Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.
3. A small percentage of patients experience sensitivity with whitening. Should this occur, remove the tray and contact your dentist.
4. Foods and juices high in citric acid can cause sensitivity to the teeth.
5. 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 worsen, call your dentist. These side effects will usually subside within 1–3 days after treatment is discontinued.
6. Coffee, tobacco, and other products can restrain your teeth over time. Should this occur, the teeth can be rewhitened within a few nights with Opalescence whitening gel.
7. Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.
8. Some old amalgam or “silver” fillings may leave a dark purple color in your whitening tray. This is normal.
9. Crowns, bridges, partial dentures, veneers, and composite fillings will not whiten.
10. Store whitening gel out of the sun and heat. Refrigeration is recommended. Do not freeze.
11. Discard any unused whitening gel after treatment is completed.

Start whitening  
your smile today



Opalescence®  
tooth whitening systems

**ULTRADENT**  
PRODUCTS, INC.

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## Whitening Precautions

1. Do not use household bleach to whiten teeth
2. Pregnant women should not whiten
3. If you have any questions regarding the appropriate use of this product, including how long it will take to whiten your teeth, please consult your dentist as soon as possible
4. Do not use tobacco products or eat while whitening
5. White spots that appear on the enamel during the whitening process may blend during continued whitening
6. 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

## Special Instructions

Opalescence<sup>®</sup>  
tooth whitening systems



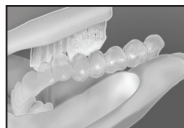
Follow your dentist's instructions on how to load gel into your custom whitening tray. Use no more than 1/3 to 1/2 of the syringe per tray.



Brush teeth before inserting tray. Lightly tap tray to adapt sides to teeth. Unless directed otherwise by your dentist, 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 30 minutes.



Remove excess gel with clean finger or soft toothbrush. **Rinse twice; do not swallow rinsed gel.** If significant sensitivity occurs, stop treatment and consult your dentist.



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