

Take Home Whitening Tray Instructions

1. 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.



2. 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 PF 10%: 8–10 hours or overnight

Opalescence PF 15%: 4–6 hours

Opalescence PF 20%: 2-4 hours

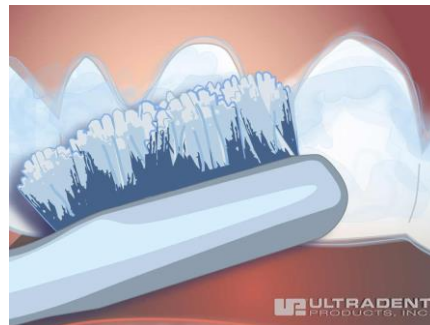
Opalescence PF 35%: 30-60 minutes

Opalescence PF 45%: 15-30 minutes

If you experience any significant sensitivity, stop your treatment and talk to your dentist.



3. 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.



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

