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DENTAL HOSPITAL

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General Instructions for Whitening with Opalescence

Bangkok International Dental Hospital (BIDH)

Thailand's Specialized Dental Hospital

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Home Bleaching Instructions for Whitening with Opalescence

- Thoroughly brush your teeth using white toothpaste.
- You may wear tray over night or during the day.
- After the prescribed time, remove the tray. Clean gel from the tray. The tray should be removed before eating and/or drinking liquids.
- A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist. Your dentist may recommend that you bleach every second or third night. You can also use Opalescence during the day for 1-3 hours.
- Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray, this is normal.
- Store the home bleaching gel out of the sun and heat. Keep unused gel between 2 to 8 degree celsius.

1. Load tray with unit dose of Opalescence whitening gel as shown. After removing the cap from the Opalescence syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. One-third to one-half of the syringe or less will be necessary (normally, just one drop for each tooth to cover the facially inner side of the tray).

2. Place tray snugly over your teeth. Gently press tray to move gel into place. Pressing too firmly will move too much gel out of the tray.

3. Gently wipe off excess gel with a tooth brush or clean finger. Rinse thoroughly with water, twice. Do not swallow rinses.

Please Do Not

- Do not use Opalescence while pregnant.
- Do not eat while wearing your custom trays.
- Do not use tobacco products while wearing your trays.
- DO NOT smoke while tray is in mouth.
- Do not expose the syringes to heat and/or sunlight.
- Do not freeze the Opalescence syringes.