

Opalescence F Warnings

PLEASE REMEMBER...

1. 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.
2. A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist.
It may be recommended that you bleach every second or third night; use Opalescence F during the day for 1-3 hours; or use a fluoride or potassium nitrate treatment in your custom tray.
3. Foods and juices high in citric acid can cause sensitivity to the teeth.
4. 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.
5. 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 by using Opalescence F.
6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
7. Keep out of reach of children.
8. If you have any questions pertaining to this treatment, please ask your dentist.
9. Some old amalgam or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.
10. Discard any unused bleaching gel after treatment is completed.
11. PLEASE DO NOT:
 1. As a safely precaution, do not use Opalescence F while pregnant or lactating.
 2. For best results, do not eat while wearing your custom trays.
 3. Do not use tobacco products while wearing your custom trays.
 4. Do not use household products to whiten your teeth.
 5. To protect the bleaching gel, do not expose the Opalescence F syringes to heat and/or sunlight.
 6. Do not freeze the Opalescence F syringes. Store the bleaching gel at room temperature during treatment to prevent thermal sensitivity.