

OPALESCE F

The soft, custom-fitted tray is usually worn while sleeping. However, many patients are able to go about their normal daily routines while wearing the tray.

After the prescribed time, remove the tray. Brush and rinse the residual gel from the teeth and then the tray. The tray should be removed before eating and/or drinking liquids. DO NOT smoke while bleaching.

DENTIST-SUPERVISED PATIENT INSTRUCTION

Your dentist has chosen Opalescence F Tooth Whitening Gel, a dental bleaching system with fluoride, to achieve the whitening results you desire. Please review the following instructions, paying close attention to any additional instructions your dentist may have included.

WHITENING WITH OPALESCE F...

Thoroughly brush your teeth using the Opalescence F Whitening Toothpaste.

After removing the cap from the Opalescence F syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. Allow the gel to partially cover the tongue and cheek sides of the molar teeth. One-half to three-fourths of the syringe will be necessary.

Seat the tray completely and firmly over your teeth. Using a soft toothbrush, tissue, or clean finger, gently remove excess gel that may flow beyond the tray's edge. Gently rinse your mouth twice, using care not to swallow.

Brush your teeth. Load tray with unit dose Opalescence F whitening gel, as shown. 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.

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