



Brown &
Chmielarski
Cosmetic
Restorative
Dentistry

Whitening Trays Patient Instructions

Thoroughly brush your teeth before using whitening trays.

After removing the cap from the Opalescence syringe tip, express the contents evenly into the deepest portion of the trays and toward the facial side of the tray. One-half to three-fourths of the syringe will be necessary.

Seat the trays over your teeth. Gently press trays to move gel into place. Remove excess gel that may flow beyond the tray's edge with a clean finger.

Wear trays over night. For best results, use trays just before you go to sleep. Trays should be worn for at least 3 hours.

After removing trays, clean excess gel off using cool water. Store trays in case being careful not to distort the trays in their case.

Please remember:

- The trays should be removed before eating and/or drinking liquids.
- DO NOT smoke while trays are in mouth.
- 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.
- A small percentage of patients experience sensitivity with bleaching. Should this occur, contact us. You may need to bleach every other 2nd or 3rd night.
- Foods and juices high in citrus acid can cause sensitivity to teeth.
- 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, contact us. These side effects will usually subside within 1-3 days after treatment is discontinued.
- 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 with Opalescence.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Do not use trays while pregnant or lactating.
- Do not expose syringes extreme heat/sunlight or freezer.

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