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Opalescence PF Tooth Whitening Gel with Fluoride and Potassium Nitrate

Patient Instructions

Thoroughly brush and floss your teeth.

After removing the cap from the Opalescence PF syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. Approximately $\frac{1}{4}$ of the syringe will be necessary per arch. (1 drop per tooth).

Seat the tray completely and firmly over the teeth. At first, using a soft toothbrush, or clean finger, gently remove excess gel that may flow beyond the tray's edge. Adjust the amount after first bleaching so that you know exactly how much you need and no excess is expressed into trays.

The soft, custom-fitted tray may be worn while sleeping or you may also go about normal routines during the day 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 prior to eating and/or drinking liquids. DO NOT smoke while bleaching.

Please remember...

- Teeth are naturally darker along the gumline. These 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 our office. It may be recommended that you bleach every second or third day, and use a fluoride treatment in your custom tray on the days you do not bleach.
- Food and juices high in citric acid can cause sensitivity to the teeth.
- Food, drink, or tobacco can re-stain your teeth over time. Should this occur the teeth can be re-whitened within a few nights by using Opalescence PF.
- You may purchase additional bleach from our office or order directly from www.bleachrefills.com.

Please Do Not...

- Do not use Opalescence PF while pregnant or lactating.
- Do not eat while wearing your custom trays.
- Do not use tobacco products while wearing your custom trays.
- Do not expose the Opalescence PF syringes to heat and/or sunlight.