

Opalescence PF Whitening Patient Instructions

See Instructions for Use for complete instructions, warnings, and precautions.



Step 1: Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray.



Step 2: Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on concentration.

*Opalescence PF 45%: 15-30 minutes
Opalescence PF 35%: 30-60 minutes
Opalescence PF 10%: 8-10 hours
Opalescence PF 15%: 4-6 hours
Opalescence PF 20%: 2-4 hours*

**If you experience any significant sensitivity, stop your treatment and talk to your dentist.*



Step 3: Remove excess gel with a soft toothbrush.



Step 4: Clean tray with soft toothbrush and water. Store in tray case provided.