



**O R T H O D O N T I C S**

*straight teeth. fast.*

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## **TEETH WHITENING INSTRUCTIONS**

### **PRECAUTIONS**

1. It is recommended that pregnant or lactating women do not bleach.
2. To maintain shelf life, bleaching gel should be refrigerated. Keep gel out of heat and/or direct sunlight. Do not freeze.
3. Tooth fillings and crowns do NOT respond to tooth bleaching.
4. Foods and juices high in acid may cause sensitivity.
5. Stay away from foods and drinks that will stain (e.g., blueberries, coffee, tea, soda) DURING usage and immediately following for 1-2 hours.
6. Do not use tobacco products while bleaching.
7. Opalescence is NOT to be used if patient has a known allergy or chemical sensitivity to peroxides, carbopol, glycerin, etc.
8. If patient has a known sensitivity to mint, use alternate flavors.

### **INSTRUCTIONS**

1. Load gel into bleaching tray.
2. Brush teeth, then insert tray. Adapt tray sides to teeth.
3. Remove excess gel with a clean finger or soft toothbrush.

### **AMOUNT OF TIME**

**10% and 15%** Recommended usage is 2-10 hours, day or night use.

**20%** Recommended usage is 2 hours, daytime only.

**35%** Recommended usage is 30 minutes per day maximum.

### **CLEANING**

When finished, clean tray with soft brush and cool tap water. Store tray in case provided.

### **SENSITIVITY**

**Sensitive gums:** If gums become sensitive, the bleaching gel was not thoroughly removed from gums. Make sure to wipe away any bleaching gel from gums after inserting tray.

**Sensitive teeth:** If teeth become sensitive from bleaching, try any of the following:

Reduce the amount of time bleach is in mouth.

Reduce the strength (%) of bleach.

Bleach every other day.

Brush your teeth with a desensitizing toothpaste (e.g., Sensodyne) before AND after usage. When brushing, leave desensitizing toothpaste on teeth for 2-3 minutes to let it absorb.

If all else fails, bleach for 30 minutes a day, twice a day, for minimum results.