

SMILES SO BRIGHT

YOU GOTTA WEAR SHADES!

WHITENING AFTER BRACES

We recommend waiting at least 4 weeks after removal of all braces before beginning whitening treatment with Opalescence.

Your teeth might be slightly sensitive after removal of your braces and your gums might be somewhat inflamed or puffy, so we want your teeth and gums to get used to life without braces before whitening to avoid any increased sensitivity.

If you are having any other dental work done (e.g. build-ups, veneers, implants, crowns, etc.), it is best to bleach your teeth first. Wait approximately one week after achieving the desired shade before you have dental work done. This allows the color to stabilize.



WHITENING WITH CLEAR

ALIGNERS OR RETAINERS

You are able to whiten with clear aligners at any time during treatment, even if you have attachments on your teeth. If you are having any other dental work done (e.g. build-ups, veneers, implants, crowns, etc.), it is best to bleach your teeth first. Wait approximately one week after achieving the desired shade before you have dental work done. This allows the color to stabilize.



INSTRUCTIONS FOR WHITENING

WITH OPALESCENCE 15%

(Active Ingredient: Carbamide Peroxide; Contains: Potassium Nitrate & Fluoride)

- Brush teeth before inserting aligner or retainer.
- Load gel into your aligner or retainer. Use no more than 1/3 to 1/2 of syringe.
- Wipe off any excess material that is on the edge of the aligner or retainer or on your gums. Make sure there is no whitening gel on your gums.
- Wear Opalescence 15% for 4-6 hours. Remove aligner or retainer and wipe off any excess gel with a clean finger or soft toothbrush. Rise twice; do not swallow rinsed gel.
- If sensitivity occurs, decrease the frequency and/or time that you apply the whitening gel or stop treatment.
- Clean aligner or retainer with soft brush and cool tap water.

BLEACHING PRECAUTIONS

- Do not use household bleach to whiten teeth.
- Pregnant women should not bleach.
- If you have any questions regarding the appropriate use of this product, please contact us at (804) 282-0505.
- Do not use tobacco products or eat while bleaching.
- White spots on the enamel or that appear during bleaching may blend during the continued bleaching process.
- 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.

GENERAL PRECAUTIONS

- A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact us at (804) 282-0505.
- Foods and juices high in citric acid can cause sensitivity to the 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 at (804) 282-0505. 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 rewhitened within a few nights using Opalescence.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Some old amalgam or "silver" fillings may leave a dark purple color in your aligner or retainer; this is normal.
- Crowns, bridges, partial dentures, veneers, and composite fillings will not bleach.
- Store bleach out of the sun and heat.
- Refrigeration recommended. Do not freeze.
- Discard any unused bleaching gel after treatment is completed.
- Keep Opalescence out of reach of small children.
- Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing large amounts can be harmful.