



Opalescence Custom tray At Home Whitening Instructions



Brush your teeth before starting.

Use no more than 1/3 to 1/2 of syringe per session.



Brush teeth before inserting tray. Lightly tap tray to adapt tray sides to teeth. Wear opalescence 15% for 4-6 hours, Opalescence 20% for 2-4 hours, and Opalescence 35% for 30 minutes.



Remove excess gel with clean fingers or soft toothbrush. **Rinse twice; do not swallow rinsed gel.** If significant sensitivity occurs; stop treatment and consult with a dentist.



Clean tray with soft brush and cool tap water. Store tray in case provided.

Contact Details

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