

Thoroughly brush your teeth using the Opalescence® Whitening Toothpaste.

After removing the cap from the Opalescence syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. One-third to one-half of the syringe will be necessary.

Seat the tray over the teeth. Gently remove excess gel that may flow beyond the tray's edge. Rinse your mouth twice, using care not to swallow.

You may wear tray over night or during the day.

After the prescribed time, remove the tray. Clean gel from the tray. The tray should be removed before eating and/or drinking liquid.

Please Do Not

1. Do not use Opalescence while pregnant.
2. Do not eat while wearing your custom trays.
3. Do not use tobacco products while wearing your trays. DO NOT smoke while tray is in mouth.
4. Do not expose the syringes to heat and/or sunlight.
5. Do not freeze the Opalescence syringes.

Whitening with

Opalescence
tooth whitening systems



Brush your teeth. Load tray with unit dose Opalescence whitening gel as shown.



Place tray snugly over your teeth. Gently press tray to move gel into place. Pressing too firmly will move too much gel out of the tray.



Gently wipe off excess gel with a tooth-brush or clean finger. Rinse thoroughly with water, twice. Do not swallow rinses.

Special Instructions
