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## Take Home Whitening Instructions for Pearlfection Dentistry – Opalescence – Professional Teeth Whitening

Disclaimer – Whitening material can cause damage to teeth and gums if not properly used or used when periodontal disease exists, or restorative dentistry is incomplete. Always follow your doctors' recommendations and if you have questions about proper usage, please call our office. By accepting the take home whitening trays and whitening material, you agree to hold PearlFection Dentistry, its doctors and its management harmless for any discoloration, pain or tooth and gum damage resulting from use of this third party products.

***The following people should not use tooth whitening products: Pregnant women, those with gum disease, worn enamel, cavities, and exposed roots should not whiten their teeth.***

### Instruction for use:

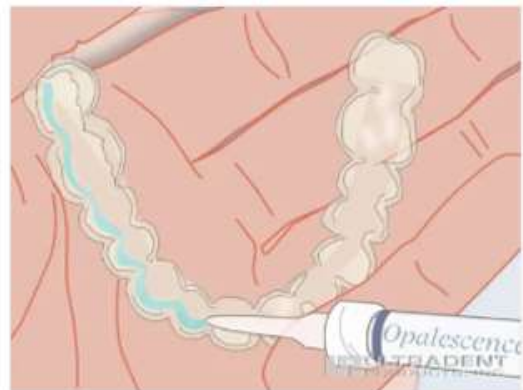
- 1) After you have completed your first patient appointment or been given a treatment plan and your doctors give the “all clear” for you to proceed with whitening material application, the office of PearlFection Dentistry will give you 2 self-forming trays and 2 to 8 syringes of Opalescence gel.  
*Suggestion – it’s kind of fun to see how much whitening you have achieved so take a close up picture in a well-lit room to see the starting shade of your teeth. You can compare this later as you achieve your whitening goals.*
- 2) When at home or in a setting where you can safely prepare the “Warm and Form” take home trays:
  - a. Heating procedure (do one tray at a time) each tray will take about 2-5 minutes to prepare
    - i. Heat a small cup of water to about hot coffee temperature
    - ii. Dip the tray into the hot water holding the tab (be careful the water is hot)
    - iii. When you see the tray start to droop it is ready to be removed. Be careful when placing tray into your mouth, do not allow it to fold
  - b. Fitting Procedures
    - i. Place tray over teeth and bite upper and lower teeth together. Press with the first three fingers of both hands against the front of the tray. Work rapidly as the tray will firm up fast.
    - ii. With your tongue on the roof of your mouth and pushing on the back of the tray, suck all the air and water from the tray



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- iii. When the tray fits well, cut off the tab or you can leave it attached for ease of removal and handling (personal choice) (Repeat process for the 2<sup>nd</sup> tray) (If not properly fitting, the tray can be reheated and reformed)
- c. Apply whitening material and begin whitening
  - i. Brush and floss teeth prior each time prior to whitening
  - ii. Remove Opalescence tube from package and break off small tip
  - iii. Apply a small dab of Opalescence gel to each outer surface (technical term Buccal and Labial contact surface). Use about ¼ to 1/3 syringe per tray per day. (reduce use if gel oozes out) Note – To be frugal with your gel, since posterior teeth will not be seen, generally, it is unnecessary to apply gel to posterior teeth.

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.



- d. Gently place tray onto teeth (upper then lower)
  - i. Gently bite down and allow gel to spread out. Spit out excess gel if it gets into your mouth. It is generally not advisable to allow gel to sit for long periods of time on gums. It can burn. Remove any gel that is on your gums with a toothbrush or finger
- e. Leave trays in for (pick your product and preference)
  - i. Opalescence 10%: 8–10 hours or overnight
  - ii. Opalescence 15%: 4–6 hours
  - iii. Opalescence 20%: 2–4 hours
  - iv. Opalescence 35%: 30 minutes
- f. When whitening session is done, brush teeth and rinse with water.
- g. When whitening session is complete, wash trays with toothbrush and cold water
- h. Store your whitening trays in their case or safe location, away from children and pets.
- i. Repeat whitening every day until desired results are met.



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Video link on how to use Opalescence whitening - <https://intl.opalescence.com/en-us/pages/take-home.aspx>

### **Some Tips For The Most Successful Results:**

- a. Avoid tobacco, coffee, dark sodas and red wines. They contain heavy staining substances, which can prevent optimal whitening.
- b. Refrain from citrus fruit, citrus fruit juices, soft drinks and antacids. These may change saliva acids and slow down the whitening process.
- c. Do not eat or drink while your whitening trays are in.
- d. Postpone whitening if pregnant or nursing.

### **What you can expect:**

- a. Areas closest to the gum tissue may take longer to whiten than the rest of the tooth.
- b. You may experience some mild sensitivity during treatment. If this occurs, discontinue use until sensitivity is completely gone. Then continue as directed.
- c. Some of our patients have found they like to re-brighten their smiles after 4 to 6 months by wearing their whitening trays for a night or two. This will keep your smile bright and beautiful.
- d. If gums turn white and are sensitive while whitening, remove the excess gel from the area and replace the trays.