



Lexington Dental Care

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FELLOW OF ACADEMY OF GENERAL DENTISTRY

For Best Results use a back-to-back application of the Opalescence PF Whitening . After completing steps 1 through 4, repeat the application. If sensitivity occurs refer to our UltraEZ instructions. If sensitivity persists return to doing only one application daily.

Opalescence PF Whitening Patient Instructions

See Instructions for Use for complete instructions, warnings, and precautions.

Step 1



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.

Step 2

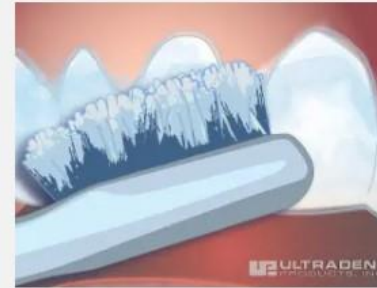


Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on which concentration of Opalescence whitening you use.

- Opalescence PF 10%: 8–10 hours or overnight
- Opalescence PF 15%: 4–6 hours
- Opalescence PF 20%: 2–4 hours
- Opalescence PF 35%: 30–60 minutes
- Opalescence PF 45%: 15–30 minutes

If you experience any significant sensitivity, stop your treatment and talk to your dentist.

Step 3



Remove excess gel with a soft toothbrush.

Step 4



Clean tray with soft toothbrush and water. Store in tray case provided.