



First Impressions Family Dental Care

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INSTRUCTIONS FOR USING YOUR WHITENING TRAYS (W/ OPALESCENCE)

1. Distribute evenly about $\frac{1}{4}$ of the syringe (Bleaching Solution) into the bottom of the tray, then place in mouth.
2. Wipe off any excess from gums or above tray(s) with a wet toothbrush or finger. This means you're using too much, remember less is better.
3. Depending on which gel you chose, use every other day or night for 15 minutes (45% solution) or 45 minutes (20% solution) for 2 weeks or until you reach your desired "whiteness." Then rest for 10 days to 2 weeks. This should give you your "true" shade. Then you will continue to whiten as desired.
4. When finished, rinse trays with warm water and place back into case.
5. If teeth become sensitive, wait a few days to continue or place a small amount of fluoridated toothpaste in the tray and wear for 1 hour.
6. If sensitivity persists, contact our office.
7. Keep solution refrigerated to extend shelf-life.
8. Refill syringes are available for purchase from First Impressions Family Dental Care.

Any further questions, please call us at 317-867-5511