



Opalescence™ PF Whitening Instructions



1. Express 1/3 to 1/2 of a syringe into tray.



2. Make sure teeth are brushed before placing loaded tray on teeth.



3. Gently press tray to move gel into place. Pressing too firmly will force gel out of tray.



4. Gently wipe off excess gel with a toothbrush.



5. Leave trays in for the designated amount of time found in the product instructions. Avoid eating, drinking, or smoking while wearing trays. If significant sensitivity occurs, take trays out immediately and consult your dentist.



6. Clean tray with soft toothbrush and water.

