

Opalescence



Thank you for trusting us.

We would be pleased to be your competent partner  
in the future for a beautiful and healthy smile.

Your Dental Practice Team



Brighter smiles.  
Better days.



Opalescence is on a mission to give you  
a brighter, whiter smile so you can look  
your best and feel your best, turning  
good days into better ones.

Learn more at [opalescence.eu](https://www.opalescence.eu)



# Tooth Whitening With Opalescence Go™

□ Opalescence Go™ 6%, wear time 60-90 min/day\*

\* Unless otherwise recommended.

Dear patient,

You have decided to whiten your teeth with prefilled trays, which is mainly done at home. Please observe the following points during application:



You can brush your teeth prior to use for better results. Remove the tray from the blister pack (U = Upper; L = Lower). You can wear the trays for the upper and lower jaws at different times.



Place the UltraFit tray into the mouth and center it on your teeth.



Gently suck down on the tray to bring the inner tray with whitening gel into contact with the teeth.



Remove the outer tray – it only serves as insertion purposes and can now be disposed of. The clear tray containing the gel will stay in your mouth. Gently suck down again. Adjust the flexible inner tray to your row of teeth with your tongue.



Please follow our instructions on wear time and duration. Then remove tray and brush your teeth, being careful not to swallow the remaining gel. The tray can now be disposed of.



Scan QR code to watch the *How To Use* video.

## General Precautions:

- Cosmetic tooth whitening is not permitted legally for minors under the age of 18.
- Keep Opalescence whitening system products out of reach of small children.
- Pregnant or breastfeeding women, or patients with serious health concerns, should not whiten. Consult your primary care provider if you have questions.
- Check expiration date and store whitening gel out of the sun and heat. Refrigeration is required. Do not freeze.
- Do not swallow gel.
- Crowns, bridges, partial dentures, veneers, and composite fillings will not whiten.
- Some amalgam or “silver” fillings may leave a dark purple color in your whitening tray. This is normal.
- Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile.

## Whitening Precautions:

- Do not use household bleach to whiten teeth.
- If you have any questions regarding the appropriate use of this product, including how long it will take to whiten your teeth, please consult your dentist.
- Do not use tobacco products or eat while whitening trays are in place.
- Some patients experience sensitivity with whitening. Should this occur, stop treatment and contact your dentist.
- Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days, or if they progressively worsen, call your dentist. These side effects will usually subside within 1–3 days after treatment is discontinued.
- Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few days with Opalescence whitening gel.
- White spots that appear on the enamel during the whitening process may blend as you continue to whiten.
- Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.

Please make sure that you attend the check-up appointments we have arranged for you.

If you have further questions, please contact us.  
We will be happy to advise you.