



INSTRUCTIONS FOR USING YOUR WHITENING TRAYS (w/ OPALESCENCE)

- 1. Distribute one small dot of whitening solution per tooth onto the tray. Then place tray in mouth.**
- 2. Wipe off any excess from gums or above tray(s) with a wet toothbrush or finger.**
- 3. Use every other day or night for 45 minutes until you reach your desired “whiteness.”**
- 4. 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.**
- 5. If sensitivity persists, contact our office.**
- 6. Keep solution refrigerated to extend shelf-life.**
- 7. Refill syringes are available for purchase from First Impressions Family Dental Care.**
- 8. When finished, rinse trays with warm water and place back into case.**

If you have any further questions, call us at 317-867-5511