

Before Bleaching:
Clean, floss and brush your teeth thoroughly before applying bleaching material to remove superficial biofilms and other materials that can interfere with the contact of the gel with the teeth.

Important Notes

- Stop using whitening gel at least 3 days before and after any composite/filling appointments.
- Do not drink coffee or smoke at least 1.5 hours after bleaching.
- Existing tooth color filling and porcelain crowns do not change color after bleaching.

How to Use the whitening gel in Opalescence pack of 2 trays:

- Take 4 tablets (200 mg each tablet) or 800mg of Ibuprofen, 30 minutes before putting gel on teeth. 1. Place lower L-tray in first, then upper U-tray in. 2. Bite gently on the trays. 3. Stay close to a sink to spit out the excess saliva . 4. Wait 30 minutes. 5.Remove both trays, brush your teeth. 6.Then put another set of 2 trays. Repeat steps 1 to 5 again.
- If sensitivity persists more than 2 hours, stop whitening your teeth, take 800mg Ibuprofen or text Dr. Nguyen for advice. Sensitivity goes away 8-12 hours after the gel is removed.