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DENTAL

Call us to make an appointment on 07 **5455 5066**
17 Thomas Street, Noosaville, QLD 4573.

Bleaching Instructions

For Whitening with Opalescence, please follow the below instructions:

1. Thoroughly brush and floss your teeth
2. After removing the cap from the Opalescence syringe tip, express the contents evenly into the deepest portion of the tray and toward the facial side of the tray. One – fourth to one– third of the syringe will be necessary.
3. Seat the tray over the teeth. Gently remove excess gel that may flow beyond the tray's edge with a toothbrush or a clean finger.
4. Rinse your mouth twice, using care not to swallow.
5. You may wear your trays over night or during the day for ½ -3hrs.
6. After the prescribed time, remove the tray.
7. Clean gel from the tray
8. The tray should be removed before eating and / or drinking liquids.
9. **DO NOT SMOKE** while tray is in mouth.

PLEASE Do NOT.....

1. Do not use Opalescence while pregnant or breastfeeding.
2. Do not eat while wearing your custom trays
3. Do not use tobacco products while wearing your trays.
4. Do not expose the syringes to heat and / or sunlight.
5. Do not freeze the Opalescence syringes.
6. They can be stored in the fridge for up to 2 years from date of issue.

PLEASE REMEMBER....

1. Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
2. A small percentage of patients experience sensitivity with bleaching. It may be recommended that you bleach every second or third night and for a shorter time. You can also use Opalescence during the day for one to three hours. If sensitivity continues please contact your dentist.
3. Foods and juices high in citrus acid can cause sensitivity to the teeth.
4. Some patients have noticed temporary discomfort of the gums, lips, throat or tongue.
5. Coffee, tobacco and other products may re-stain your teeth over time.
6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CONTACT THE PRACTICE