



KEVIN W. FRYER DDS INC

## Teeth Whitening Instructions for Opalescence Overnight Trays

1. Brush and floss at night before bed as you would normally.
2. Apply a small amount of bleaching solution inside the bleaching tray on the front surface of each of the teeth. You do not need to bleach the tongue side of your teeth or your molars. You will use 15% for the top and 10% for the bottom.
3. If excess bleaching solution oozes over the tray and onto your gums, be sure to wipe it off of your gums immediately.
4. Wear tray all night while sleeping. Do not eat or drink while the tray is in your mouth and limit your talking.
5. In the morning, remove the tray and brush your teeth. You can clean the tray out using your toothbrush and water. Store the tray in the retainer box provided to you by our office. Keeping the retainer box clean with soap and water will help prevent bacteria build-up as well.
6. Your teeth may feel “dehydrated” or “dry” when you remove the tray. This is a completely normal side effect and will go away. Also, your teeth may not feel like they meet together right away or will feel like your bite is off. This is also normal and will go away.
7. Sensitivity to cold is another side effect and will go away. If the sensitivity persists and is severe, please give our office a call.
8. You will begin whitening your upper teeth on \_\_\_\_\_ and will stop (3 weeks later) on \_\_\_\_\_. You will then begin whitening your lower teeth on \_\_\_\_\_ and stop (3 weeks later) on \_\_\_\_\_. We will see you after 6 weeks to reevaluate your whitening. This reservation is scheduled on \_\_\_\_\_.
9. You should begin to see your teeth lighten over the next couple of days. Keep the bleaching solution in the refrigerator away from small children and pets.
10. Once you have completed the 6 weeks of bleaching, you only need to touch up the process once a month to maintain the whiter color. Never wear the upper and lower bleaching trays at the same time.
11. Additional tubes of bleach are available from our office for \$10. You also have the option of joining our Whitening for Life program where for a one time fee of \$50, you will receive a free tube of whitening gel at every check up appointment for life! (This would be voided if we did not receive a 48 hour notice to reschedule appointments.)