

## Take Home Whitening Kit Instructions

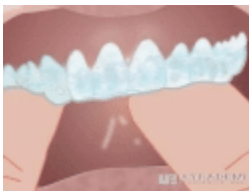
1. Express one continuous bead of gel approximately halfway up the facial side of the tray from molar to molar. This should use about 1/2 to 1/3 of a syringe per tray.



2. Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on which concentration of Opalescence whitening you use.

- Opalescence PF 10%: 8–10 hours or overnight
- Opalescence PF 35%: 30-60 minutes

If you experience any significant sensitivity, stop your treatment and talk to your dentist



3. Remove excess gel with a soft toothbrush.



4. Remove excess gel with a soft toothbrush

