

## COSMETIC WHITENING CUSTOM TRAY INSTRUCTIONS

**CIRCLE ONE:**  
**OPALESCENCE PF**  
**10% 15% 35%**

1. Dispense one dot of gel, about the size of the dots shown, approximately halfway up the facial side of the tray in each tooth mold around front teeth.
2. Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth. Wear time depends on which concentration you purchase:  
**Opalescence PF 10%: 8-10 hours, or overnight**  
**Opalescence PF 15%: 4-6 hours**  
**Opalescence PF 35%: 30 minutes**  
If you experience any significant sensitivity, stop your treatment and call our office.
3. Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth twice being sure not to swallow rinsed gel.
4. Clean tray with soft brush and cool tap water. Store tray in the case that came with your kit.

