

Gentle on teeth,
brilliant on smiles.



#1 professional
whitening brand
on the planet¹



Dentist-designed
at-home whitening



Safe on teeth
and gums



Brilliant options
for sensitive teeth

VEGAN • CERTIFIED GLUTEN-FREE • CERTIFIED KOSHER

Visit opalescence.com to learn more

¹. Data on file.

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Opalescence™
tooth whitening systems

With over 100 million smiles brightened and 30 years of experience, Opalescence™ Teeth Whitening is the global leader in professional whitening.¹



Visit opalescence.com to learn more



Opalescence
Tooth Whitening *go*

Tips for sensitivity

Opalescence™ whitening products are made to be gentle on teeth. If you experience sensitivity when whitening, here are some tips:

TIP 1: Do not press the tray against teeth as it pushes the whitening gel against the gums, causing tissue irritation. Clean any excess gel from the trays that gets onto your gums with a soft toothbrush or tissue. Do not worry if the gel doesn't come in contact with your teeth near the gumline, the peroxide will whiten the entire tooth.

TIP 2: Use Opalescence™ Whitening Toothpaste Sensitivity Relief for two weeks before whitening. After brushing, spit but don't rinse your teeth with water. The toothpaste contains potassium nitrate to help soothe sensitive teeth.

TIP 3: Try a lower hydrogen peroxide concentration instead. Sometimes, using a lower concentration for a longer period of time can reduce sensitivity.

TIP 4: Take days off from teeth whitening. If you feel too much sensitivity using the trays daily, consider whitening every other day, every two days, or even on a weekly basis.

TIP 5: Consider using over-the-counter oral pain relief products or topical vitamin E oil to alleviate gum-related discomfort.

OVERALL: Ongoing tooth sensitivity might indicate an underlying concern. Consult with your dentist before you start your whitening regimen.

4 Steps to a Brighter Smile:

Repeat once a day for a smile you'll love.



1
Peel back foil to reveal upper and lower trays.



2
Position upper tray on teeth and bite firmly, then suck tray to teeth for two seconds. Do not press trays against teeth, as it pushes the whitening gel against the gums, causing irritation.



3
Remove outer color tray. Repeat process for the lower tray, and wear for indicated time depending on product:

10% formula: 30–60 min.
15% formula: 15–20 min.



4
Afterward, remove trays, rinse, and brush gel from teeth (do not swallow rinsed gel).



SCAN QR CODE FOR
PERSONALIZED TIPS
FROM A DENTIST

Safety Information

Limit contact with soft tissue. · Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow. · Some users may experience temporary discomfort of the gums, lips, throat, tongue, or teeth. Should any of these symptoms persist or worsen after discontinuing use, or in cases of severe discomfort, call your dental professional. · Avoid swallowing large amounts of gel. Ingestion of small amounts of gel during use is expected. · If the product is ingested, drink large amounts of water and contact a physician. If the product is aspirated, seek immediate medical attention. · Filling materials will not whiten. We recommend whitening dark teeth before cosmetic fillings. · Wait at least 7–10 days after whitening procedures before placing bonded fillings. · Those with serious health concerns should consult their primary care provider prior to treatment. · Avoid contact with eyes. Rinse immediately if product comes into contact with them. · To prevent additional irritation, gingival and general oral health should be evaluated prior to initiating treatment. · Monitor whitening progress to prevent whitening beyond the desired shade or translucency. · Do not eat, drink, or use tobacco products while whitening trays are in place. · Do not wear whitening tray while sleeping. · Bring treatment tray to room temperature before use. · Pregnant or nursing women should not use teeth whitening products. · For users with allergy concerns, refer to product allergen document available at www.ultradent.com. If allergic reaction is observed, rinse exposed area thoroughly with water and consult your physician.

Storage and Disposal

Store according to outer package label.

Dispose of waste according to local rules, guidelines, and regulations.

Miscellaneous Information

- Hypocalcified areas (white spot lesions), which may not be visible to the naked eye, will whiten faster (thereby becoming more obvious during whitening). Continue whitening treatment until the unaffected tooth surface blends. Re-evaluate two weeks after whitening treatment when tooth color has stabilized.
- For a small percentage of the population, their teeth will not appreciably whiten
- Some amalgam fillings may leave a dark purple color in your whitening tray. This is normal
- Teeth can re-stain over time. So, do touch up teeth whitening treatments as necessary.

Report any serious incident to the manufacturer and the competent authority.
ultradent.com / 1.800.552.5512 / 801.572.4200



Do not re-use to avoid
cross contamination



Keep away from
heat/sunlight



See instructions



Keep out of reach
of children