



Pre-Whitening Sensitivity Treatment

1. Patient has history of sensitivity or tests positive to touch or air exam.
2. Suggest dental check-up to check for decay two weeks prior to whitening. Create custom trays as needed.
3. Patient brushes with Opalescence® Sensitivity Relief Toothpaste for two weeks.
4. Apply Enamelast® Fluoride varnish treatment. Whitening can begin the following day.
5. Trays are evaluated for fit, gingival irritation, and ease of removal.
6. Patient begins whitening with low-concentration whitening gel containing potassium nitrate and fluoride.
7. Patient wears tray with UltraEZ® desensitizing gel for 15–60 minutes.



During Whitening Treatment

1. Reduce concentration of whitening material if possible.
2. Patient reduces wear time.
3. Patient skips a day or more of whitening.
4. Brush with Opalescence Sensitivity Relief Toothpaste.
5. Place UltraEZ desensitizing gel into tray and wear for 15–60 minutes before and/or after whitening.
6. If gingival irritation occurs, review technique for filling and inserting tray. If necessary, patient may use OTC oral pain relief products as directed.
7. If patient is unable to manage whitening sensitivity, discontinue whitening treatment.

