

## How to use the Opalescence Go Whitening Trays

*Compliance with these instructions will add to your comfort and results. Please report any unusual conditions promptly. Contact the office should you have any questions.*

10% wear time 30 to 60 minutes, daily until the desired whitening level is reached.

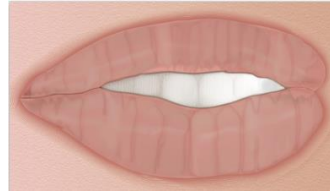
15% wear time 15 to 20 minutes, daily until the desired whitening level is reached.

Before beginning, floss and brush your teeth as usual.

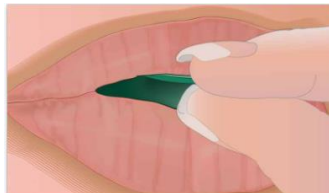
1. Remove from package.



5. Suck down or swallow again.



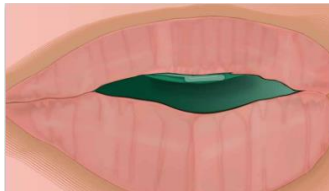
2. Center tray on arch. U=upper arch,  
L=lower arch.



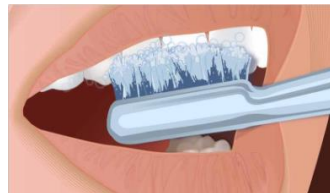
4. Wear 10% for 30–60 minutes and 15%  
for 15–20 minutes.



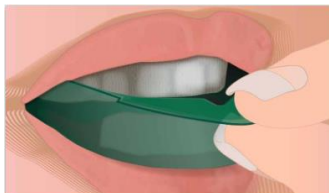
3. Suck down or swallow.



5. Remove tray and brush your teeth, being  
careful not to swallow the remaining gel.



4. Remove outer green tray.



Do not use this product while sleeping. This product may cause some temporary gum sensitivity. If you experience gum sensitivity stop for a day or two, then resume. Avoid swallowing gel product. Avoid foods that may stain the teeth until you have reached your desired level of whitening. Keep this product out of heat and sunlight. Placing in the refrigerator can extend the longevity of the product.