

EXPERTISE DENTAL

Daily Whitening Instructions

WE OFFER TWO CUSTOMIZED WHITENING OPTIONS.
FOLLOW YOUR PRESCRIBED PROTOCOL CAREFULLY FOR SAFE, EFFECTIVE RESULTS.

16% OPALESCENCE WHITENING GEL

BEFORE

- Brush and floss thoroughly
- Ensure trays are clean and dry
- Apply a small pearl-sized amount per tooth

DURING

- Wear 30–60 minutes once daily
- Wipe excess gel from gums

AFTER

- Rinse and gently brush
- Clean trays with cold water
- Store in a cool, dry place

35% OPALESCENCE WHITENING GEL

BEFORE

- Brush and floss thoroughly
- Ensure trays are clean and dry
- Apply a small pearl-sized amount per tooth

DURING

- Wear:
 - 15 min, twice daily OR
 - 30 min, once daily
- Reduce time if sensitivity occurs

AFTER

- Rinse and gently brush
- Clean trays with cold water
- Store in a cool, dry place

IMPORTANT GUIDELINES

- Store gel in a refrigerator or cool, dry place (do not freeze)
- Avoid heat (do not leave in car)
- Pull back syringe plunger before recapping
- Avoid staining foods/drinks for several hours:
 - Coffee, tea, turmeric, mushroom tea, red wine, soy sauce, berries

SENSITIVITY & SAFETY

- Mild sensitivity is normal
- If needed:
 - Reduce wear time
 - Skip a day
 - Switch to 16% gel

DISCONTINUE USE AND CALL US IF YOU EXPERIENCE:

- Gum irritation, swelling, or persistent discomfort

NOT RECOMMENDED FOR:

- Children under 12
- Use during pregnancy
- Keep out of reach of children and avoid eye contact.

QUESTIONS? WE'RE HERE TO HELP YOU ACHIEVE A BRIGHT, CONFIDENT SMILE.

843-375-0395

mpoffice@expertisedental.com

Dr. Amanda Seay

Dr. Melissa Swanson

Dr. Adamo Notarantonio.

Dr. McCall Rupp