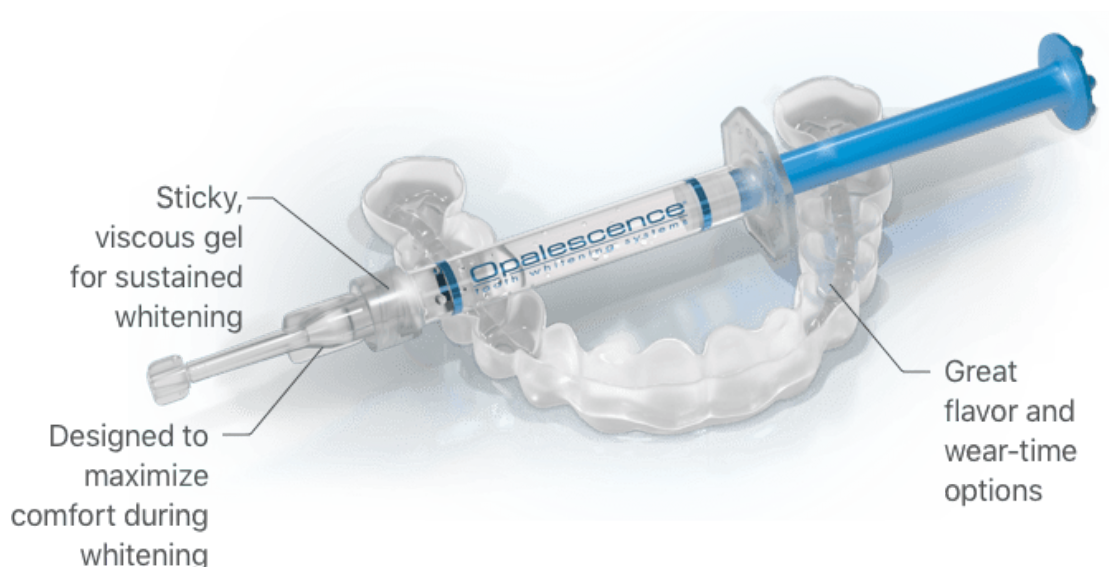


TEETH WHITENING INSTRUCTIONS

At Ideal Dental Clinic we use Opalescence Tooth Whitening system. The syringe contains a 15% solution. It should be used once a day (ideally at night) for 4–6 hours. If you are prone to sensitivity, start brushing with a sensitivity toothpaste 2 weeks before starting your whitening treatment. You are in control of the whitening process. Once you reach your desired result, you should stop the treatment. Below are the instructions for the Opalescence Home Whitening Kit.



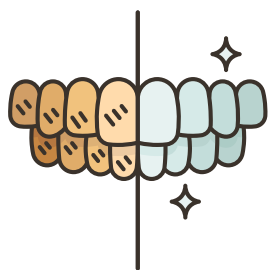
Tray Placement

- Brush teeth with sensitivity toothpaste.
- Place a small drop of whitening gel into every compartment of the tray for the teeth undergoing treatment.
- Seat the tray, with the gel around the teeth
- Wipe away excess gel in mouth with a tissue or dry soft brush
- After treatment, remove whitening tray. Rinse whitening tray with cold water and rinse your mouth with lukewarm water.
- Brush teeth.

If You Experience Sensitivity

- Patients who experience sensitivity may need to modify their treatment schedule such as taking a day or two break between treatments. Fewer treatments is also suggested when sensitivity is an issue.





TEETH WHITENING INSTRUCTIONS

Precautions:

- If you have any questions regarding the appropriate use of this product, including how long it will take to bleach your teeth, please contact the clinic.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
- Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Pregnant or breastfeeding women, or patients with serious health concerns should not whiten. Consult their primary care provider prior to treatment
- If patient has a known allergy or chemical sensitivity to any of the ingredients in Opalescence whitening, do not use.
- Do not use household bleach to whiten teeth.
- Do not use tobacco or eat while bleaching trays are in place. Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- White spots that appear on the enamel during the whitening process may blend with continued whitening.
- Crowns, bridges, partial dentures, veneers, and composite fillings will not bleach.
- Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, teeth can be re-whitened.
- Some amalgam fillings may leave a dark purple color in your bleaching tray; this is normal.
- Check expiration date and store according to instructions.
- Avoid swallowing large amounts of gel or water used to rinse gel residue from the teeth.
- Avoid contact with eyes or skin. If contact: Wash thoroughly with water and seek medical advice if symptoms persist.

