

## **Please Remember...**

- 1. 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.**
- 2. A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist. It may be recommended that you bleach every second or third night. You can also use Opalescence during the day for 1-3 hours.**
- 3. Foods and juices high in citrus acid can cause sensitivity to the teeth.**
- 4. 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.**
- 5. Coffee, tobacco, and other products can rest in your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with Opalescence.**
- 6. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.**
- 7. If you have any questions pertaining to this treatment, please ask your dentist.**
- 8. Some old amalgam or "silver" fillings may leave a dark purple color in your bleaching tray; this is normal.**
- 9. Discard any unused bleaching gel after treatment is completed.**