# YOUR STEP BY STEP WHITENING GUIDE

**OPALESCENCE** 

Australia's leading professional grade

Teeth Whitening, Oral Care and

Custom Fit Tray supplier. You trust
your dentist and that's why you can trust

The House of Mouth!



Same products as dental practices



Shop online with delivery to your door



Professional advice when you need it

# **GUIDE CONTENTS**

**CLICK AN ITEM OR SCROLL DOWN TO VIEW** 













## **INSTRUCTIONS**

USING OPALESCENCE GEL



Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.

No more than 1/3 of a syringe should be used per tray.



Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth.



Step 5

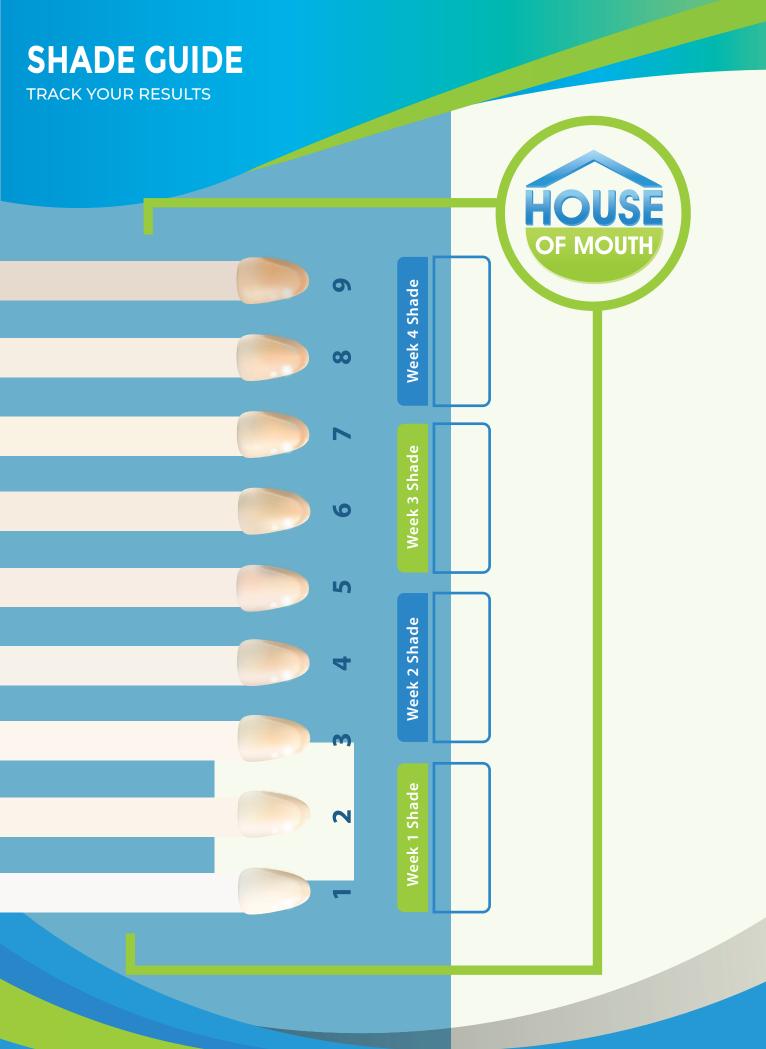
Rinse your mouth twice being sure not to swallow rinsed gel.



Clean tray with soft brush and cool tap water. Dry and store your trays in a cool place

### **OPALESCENCE WEAR TIMES**

CONCENTRATION	WEAR TIME	IDEAL FOR
> 45% Carbamide Peroxide	1 x 10-15mins/day	
> 35% Carbamide Peroxide	1 x 30mins/day	Quickest Results
> 20% Carbamide Peroxide	1 x 2-4hrs/day	
> 16% Carbamide Peroxide	1 x 4-6hrs/day	(Most Popular
> 15% Carbamide Peroxide	1 x 4-6hrs/day	
> 10% Carbamide Peroxide	1 x 8-10hrs/day to overnight	Sensitive Teeth



# TIPS AND FAQ'S

FOR BEST RESULTS



#### How long do I leave Opalescence whitening gel in for?

See Opalescence Wear Times on Page 3. For other brands, visit www.thehouseofmouth.com.au/instructions

#### How often should I whiten?

Whiten each day until you reach your desired shade then start a regular maintenance regime; with 1-4 treatments every 2-8 weeks (adjust as required).

#### How long do results last for?

Once you have initially whitened your teeth, they should always be whiter than they originally were. 'Topping up' regularly will help maintain your white smile.

#### Will my teeth become sensitive?

Some people experience sensitivity when whitening. Opalescence products contain soothers and desensitisers. It is recommended using a Sensitivity Product whilst whitening – visit our website for more info.

#### How do I store Opalescence whitening gel?

Store gel between 2°C and 27°C. Use gel at room temperature. Do not use after expiry date.

# SACK TO TO

## **TOP ORAL CARE**

FOR A HEALTHY MOUTH

We strongly believe Teeth Whitening, Oral Hygiene and Professional Advice go hand in hand. As no two mouth's are the same we're here to help you throughout your oral care and whitening journey. It's important to follow these four steps to ensure safe and effective home whitening results.



A recent checkup and clean is advised prior to commencing any teeth whitening treatment.



Maintaining excellent daily oral hygiene is important for your oral health and great whitening results.

**VIEW RANGE** 



Always use a professionally recommended whitening gel with Custom Fit Trays and in accordance with professional advice.

**VIEW RANGE** 



Maintain your smile between whitening sessions with Opalescence Toothpaste.

**VIEW PRODUCT** 

# **OPALESCENCE RANGE**

MORE FROM OPALESCENCE



Opalescence has been used extensively throughout the world in private dental practices for over 20 years. It is produced in the USA by a one of the world's leading dental manufacturers. Opalescence provides many options – the choice of three flavours and numerous concentrations. Opalescence GO! provide options for people who do not have whitening trays and Opalescence's Whitening Toothpaste is perfect for maintaining your daily brightness. The House of Mouth proudly stocks the entire Opalescence Whitening Range.







**Trusted for 20+Years** 

Ready to Go,Gel & Toothpaste Products

**VIEW OPALESCENCE RANGE** 



# **NEED HELP?**



**Live Chat** 

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(07) 5534 8603 Arrange to chat with a Dental Professional



**Submit Enquiry** 

Lodge a ticket and we'll be in touch

Contact Us Today
www.thehouseofmouth.com.au/contact-us