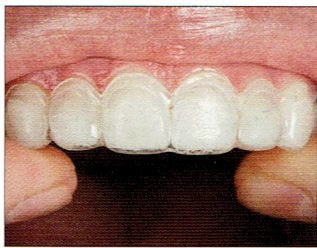


## Patient Instructions



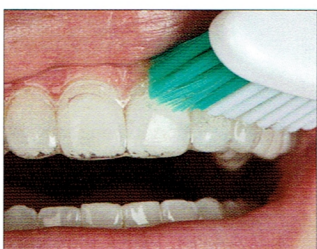
1. Express one-third to one-half of Opalescence gel syringe into tray.



2. Make sure teeth are brushed before placing loaded tray on arch.



3. Gently press tray edges against arch labially and palatally.



4. Remove excess gel with soft toothbrush or clean finger.



5. With tray in place, rinse mouth with water twice. Treatment time begins now. Note: If significant sensitivity occurs, take trays out immediately and consult your dentist.



6. At the end of treatment, brush teeth and use soft toothbrush and cold water to clean tray.



Store tray in tray case after each use and when treatment is completed.