

# Whitening With Go Trays

## **Expected Results:**

You should see your teeth lighten 1-2 shades in the 10 days that you use this whitening product. However, we cannot guarantee how white or how long it will take. In 5% of the population, teeth may be resistant to whitening.

Certain colored stains (yellow/brown) lighten better than others (blue/gray). Root surfaces do not change. White spots do not either and may look more noticeable in the first few days of whitening until the rest of the tooth can lighten.

Duration lasts 1-3 years, sooner if you smoke or drink a lot of stain-inducing beverages (coffee, red wine, etc.). Periodic touch-ups may be needed.

Tooth colored restorations will not lighten and may not match your whiter teeth after using the trays. If you need restorative work done, wait 2 weeks from the last time you bleached for an appointment to allow for shade stabilization.

Do not use if you are pregnant/breast feeding, have sensitive teeth, or have TMD (jaw joint/muscle pain).

You will be whitening with Opalescence Go. It is a great alternative to over-the-counter products. They come in sets of 10 upper and 10 lower pre-filled trays. They are one size fit all. If you have trouble with the size of the trays, custom bleach trays will be best for you. Opalescence Go uses a strong whitening agent. The most common side effects are tooth or gum sensitivity.

## **Instructions:**

To limit sensitivity, do not whiten the same day as your dental cleaning.

Keep the product refrigerated but allow it to come to room temperature prior to using. This makes it easier for the tray to stick to the teeth. Always keep the trays out of sunlight or heat.

Brush and floss your teeth. Center the tray on the arch. Gently suck down on the tray.

Remove the outer tray. Lightly tap the tray to improve the fit. Follow the pictures in the instruction booklet for more guidance.

Wear for 30-60 minutes per day. We recommend wearing for 30 minutes the first time trying the trays. If you do not have any sensitivity on the teeth or tissue after the first day, increase to 60 minutes the next day. Wear the tray for the time that is comfortable for you, but do not exceed 60 minutes per day.

A common side effect of wearing these trays is that you will start to salivate more than usual causing the gel to run out. Spit out the excess whitening gel. It can irritate your throat or stomach if swallowed.

Do not eat or drink while wearing the trays.

When finished, throw away the trays. Remove the excess whitening gel by rinsing or brushing.

## **If you develop tooth or gum sensitivity while bleaching:**

- Decrease the amount of time per day wearing the trays
- Skip a day or two, and start again.
- Brush with Sensodyne
- Stop whitening and call us for an appointment (904-264-2483).

