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dental centre
because no two smiles are alike

Opalescence™ PF Take-Home Whitening Instructions Using Invisalign® Retainers
Professional Teeth Whitening at Home

Using your Invisalign® retainers as whitening trays is a convenient and effective way to brighten your smile from the comfort of your home.

Please follow these instructions carefully to achieve the best whitening results while minimizing tooth sensitivity.

Before You Begin Whitening

✓ Brush and floss your teeth thoroughly before each whitening session.

✓ Ensure your Invisalign retainers are clean and free of debris.

✓ Place only a small drop of whitening gel into the front portion of each tooth compartment in the retainer.

✓ Do not overfill the trays. Using more gel will not whiten faster and may cause gum irritation.

How to Apply the Whitening Gel

- Brush and floss your teeth.
- Place a small drop of Opalescence™ PF gel into each tooth compartment you wish to whiten.
- Carefully seat your Invisalign retainers over your teeth.
- Wipe away any excess gel that may seep onto your gums using a clean cotton swab or tissue.
- Wear the trays for the amount of time recommended by your dentist.

Recommended Wear Times

35% Carbamide Peroxide: 30-60 minutes

After Whitening

Remove your retainers.

- Rinse your mouth thoroughly with water.
- Brush your teeth gently if desired.
- Clean your Invisalign retainers with cool water and a soft toothbrush.
- Store whitening syringes in a cool place as directed.
- Managing Tooth Sensitivity
- Some patients experience temporary sensitivity during whitening. This is normal and typically resolves quickly.
- You may notice:
- Brief "zingers" or shooting sensations in your teeth
- Sensitivity to cold foods or drinks

- Mild gum irritation if excess gel contacts the gums

To reduce sensitivity:

✓ Use Sensodyne® or another sensitivity toothpaste twice daily.

✓ Skip whitening for 1-2 days if sensitivity develops.

✓ Reduce wear time as recommended by your dentist.

✓ Avoid very hot or cold foods and beverages during treatment.

✓ Ask our office about desensitizing products if sensitivity persists.

Foods and Drinks to Avoid During Whitening

For the best whitening results, minimize consumption of:

❌ Coffee

❌ Tea

❌ Red wine

❌ Dark-colored soft drinks

❌ Tomato sauce

❌ Soy sauce

❌ Curry

❌ Berries

❌ Tobacco products

A helpful rule is: If it can stain a white shirt, it can stain your teeth.
If consuming staining foods or beverages, rinse your mouth with water afterward.

Maintaining Your Whitening Results

To keep your smile brighter for longer:

✓ Brush twice daily and floss daily.

✓ Wear your Invisalign retainers as instructed.

✓ Attend regular dental cleanings and examinations.

✓ Consider occasional whitening touch-ups as recommended by your dentist.

✓ Rinse with water after drinking coffee, tea, or other staining beverages.

Frequently Asked Questions

How long will it take to see results?

Many patients notice whitening within a few days, with optimal results typically achieved within 1-2 weeks depending on the starting shade and treatment schedule.

Can I whiten while wearing Invisalign retainers?

Yes. Invisalign retainers can be used as whitening trays when directed by your dental professional.

Is tooth sensitivity normal?

Yes. Mild temporary sensitivity is one of the most common side effects of professional teeth whitening and usually resolves shortly after treatment.

Contact Our Office

Please contact our office if you experience:

- Severe or prolonged tooth sensitivity
- Significant gum irritation
- Difficulty wearing your retainers

Opalescence™ PF Take-Home Whitening offers a safe, effective, and convenient way to achieve a brighter smile while using your Invisalign retainers. With proper use and care, you can enjoy long-lasting whitening results and a more confident smile. 😁✨

A brighter smile is just a few whitening sessions away!