

## Opalescence Tooth Whitening in custom trays guide

1. Opalescence PF 10%--Wear 8-10 hours per day
2. Opalescence PF 15%-- Wear 8-10 hours per day
3. Opalescence PF 20% --Wear 2-4 hours per day
4. Opalescence PF 35%-- Wear 30-60 minutes per day
5. Opalescence PF 45% --Wear 15-30 minutes per day