Instructions for Opalescence tooth whitening system for aligners:

1. Express one continuous line of gel along the lower half of the cheek side of each aligner tray. Use 1⁄4 to 1⁄3 of syringe per arch.

1. Lightly tap tray to adapt sides to teeth. Ensure that the trays are fully seated and completely engaged onto the aligner buttons. Wear Opalescence 10% gel for 8-10 hours over night.

3. Remove excess gel with soft toothbrush. Do not swallow rinsed gel.

4. Clean tray with soft brush and water.