

# HOW TO USE OPALESCENCE *go*

There are many whitening options available on the market today, including in-office whitening, custom-made trays, and over-the-counter options like Crest White Strips. One of the most popular due to its ease of use, great results, and low cost is Opalescence Go.





# WHAT IS ?

## OPALESCENCE GO

Opalescence Go is a product made by Ultradent. The active whitening ingredient is hydrogen peroxide, and it comes in several different concentrations, including 6%, 10%, and 15%.

It also contains potassium nitrate and fluoride. This is an important differentiation from many other products because these are known to help with tooth sensitivity.

# HOW LONG DOES OPALESCENCE GO GO TAKE TO WORK ?

Opalescence Go trays are sold in packs of ten. While the instructions say to use them once a day for up to ten days, this is not necessary to be effective.

Each individual's teeth whiten at a different rate, and with different side effects. It's important to keep this in mind when starting your own whitening journey.

We recommend starting with wearing trays for three consecutive days. The amount of time you wear them will depend on the percentage of hydrogen peroxide. After three days, evaluate the results, as well as the sensitivity.

While the best results are typically achieved by wearing the trays for consecutive days, this is not necessary to achieve the smile you desire. Wearing them every other day or even once a week can give great results!

Once you have achieved the white smile you desire, stop wearing the trays. If you have trays remaining, save them. You can always use them to touch up that amazing smile later.

If you're worried about your Opalescence Go expiring, refrigerating the trays can lengthen their shelf life past the expiration date on the box.

# USING

## OPALESCENCE GO

### IN 5 EASY STEPS



1

Unbox your new Opalescence Go trays. You'll find each of the ten sets of trays has two individual trays. They should be labeled U and L, for upper and lower. You may notice that there is an outer green tray and an inner clear tray. The outer green tray is meant to be a delivery mechanism for the inner clear tray, which contains the whitening gel.



2

Place the trays in your mouth, bite firmly, and suck on the tray.



3

Remove the outer green tray and suck on the inner tray one more time. Wipe off any excess gel on the gum tissue, as this can make the gums sore. And that's it! You are minutes away from a whiter smile!



4

When the recommended time has elapsed, remove the trays from your mouth.



5

Brush your teeth and rinse thoroughly with water to remove any excess gel. Sensitive toothpaste can be useful during this time.



One thing to keep in mind is that anything that can stain your teeth in the first place can also have a negative impact on tooth whitening. This includes:



Smoking



Dark food



Drinks such as coffee, wine, and dark sodas

Brushing your teeth or drinking water after, as well as drinking through a straw, can all be useful at helping to prevent this.

# WHERE

TO GET

## OPALESCENCE GO

IN ST. PAUL

To learn more about Opalescence Go or other whitening products, contact us today! Como Park Dentistry is a close-knit group and our patients are like family. We've been serving our community for over 60 years and many patients have been with us for decades!

Once people start coming here, they never look for another dentist. This is because our staff is a group of outstanding individuals who make the office an easygoing environment.

Our cozy office is located off of Larpen-  
teur Avenue and Lexington Parkway in  
St. Paul and we proudly call the Como  
Park neighborhood our home.



651-489-0641

Call us today to learn more  
about Opalescence Go!

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