

AT HOME WHITENING

Care and instructions for use

Important Notes

- Not recommended for individuals under 16 years of age
- Not recommended for pregnant women
- Whitening does not change the colour of fillings, crowns or veneers

Before Use

- Brush and floss before whitening
- Use only as directed

How to Use

- Place a small drop (grain of rice size) of gel in the tooth spaces (your smile line - from 2nd premolar to 2nd premolar)
- Insert trays gently, wear for 30-60 minutes
- Remove trays, rinse mouth and trays
- Use for 5-10 days, depending on desired shade change
- Avoid staining foods/drinks for 24 hours

Sensitivity

- Mild sensitivity is normal
- Reduce wear time or skip a day if needed
- Use desensitizing toothpaste (Sensodyne)

Tray Care

- Rinse with cool or lukewarm water
- Clean gently with a soft toothbrush
- Do not use hot water, toothpaste, or mouth rinse
- Air dry and store in case

Gel Storage

- Store gel in a cool place (refrigeration recommended)
- Keep caps tightly closed