

(Smile. It's good for you!)

Instructions for Take Home Whitening

- * Brush and floss before wearing your whitening trays
- * Place a small drop of gel on the inside front surface of your whitening trays
- * Place your trays and make sure the gel is evenly placed, if gel escapes from tray, too much gel is being used
- * Make sure to wipe excess gel from gum tissue with a dry cloth or tooth brush to avoid irritation or burning of the tissue
- * You may wear your trays a minimum of one hour during the day, or if you prefer, you may wear them over night
- * You may whitening your teeth every day for up to 14 days, or less, if the desired shade is reached
- * If you experience sensitivity you may skip a day or two between whitening treatments and use a toothpaste for sensitive teeth
- * After removing your trays, brush and floss your teeth
- * Rinse out the trays with cool water and store in the case in a cool dry place
- * Avoid consuming foods, liquid and tobacco that will stain such as red wine, mustard, grape juices, tomatoes etc. Avoiding these will prolong the results you have achieved during whitening treatment
- * Caution: keep gel away from children
- * Do not use while pregnant
- * Do not freeze or expose to heat or sunlight
- * Do not eat or use tobacco while wearing whitening trays