

WHITENING

- Extrude a small drop in each tooth indentation.
- Remember to pull back on syringe before closing it. Air left in syringe will create clumping or even crystallize material making it hard to get it out.
- Place tray in mouth and wipe away excess material.
- Day whitening: wear trays for 1 treatment per each day from 30 minutes to 1 hour.
- Night whitening: wear trays overnight. If you take them out in the middle of the night remember to put them back into their container so pets don't take them.
- Rinse and/or brush out your trays to remove excess material after each treatment.
- Repeat this procedure for 7-10 days.
- Using toothpaste for sensitive teeth will help if any sensitivity occurs.
- If sensitivity becomes severe, refrain from whitening for 24 hours.
- Refrain from eating, drinking, and smoking for 30 minutes after wearing the gel.