

Instructions for Tooth Whitening

Before Bed

1. Brush and floss teeth as normal.
2. Carefully load the whitening gel into the trays taking care not to overfill them. Approximately one third of the depth of the tray should be sufficient to minimise wastage.
3. Place the trays in the mouth and wipe off any excess gel that squeezes out around the gums between the lips and teeth.
4. Its recommended that you keep the trays in for a minimum of 4 hours, however the results may be quicker if the trays can be left in overnight.

In The Morning

1. Remove the trays.
2. Carefully brush and floss your teeth.
3. Clean out the trays using **COLD RUNNING WATER** and store them in a safe place.

Should you be unsure of the above procedures or have any queries, stop and consult your dentist.

Store any unused tubes of whitening gel in the refrigerator, do not freeze them.

Retain the trays as they may be required for top-up procedures in the future.

If you require additional tubes of whitening gel, they may be purchased from your dentist.

Do not use this kit in conjunction with any products not purchased from or recommended by your dentist. Doing so may damage your teeth or gums.