







Whitening Teeth

1. Brush teeth. Load 1/8 syringe of gel inside the tray. Gel should be on front surface of teeth when tray is placed in mouth.



2. Place tray on arch and gently press to move gel over the front surface of teeth.



3. Remove excess gel with clean finger, tissue, or soft toothbrush. Gently rinse with water, but do not swallow. Recommended wear time is 30 - 45 minutes per day.



4. When finished, clean teeth and tray with soft toothbrush and cool water. Do not swallow whitening gel. Save cleaned tray for next teeth Whitening session.

Precautions:

- 1. Do not use on patients with known sensitivities to peroxide products.
- 2. Not recommended for pregnant or lactating women.
- 3. Store bleaching gel out of heat / sunlight. Do not freeze.
- 4. Dental fillings and crowns do not respond to tooth bleaching.
- 5. Acidic foods and juices may cause sensitivity.
- 6. Do not eat or use tobacco products while bleaching.
- 7. Keep out of the reach of children.