

HOME WHITENING SYSTEM

***Please read all the instructions before beginning.**

PRIOR TO TREATMENT: Brush and floss your teeth just prior to the whitening treatment.

STEP 1: Bring a pot of water to a boil, remove from heat, and wait 30-60 seconds. **Holding one tray by the tab, dip it in the water up to the bottom of the tab for about 8 seconds**, or until the tray begins to wilt slightly. Immediately remove the tray as soon as it begins to wilt. This makes the mouth tray just soft enough to make impressions of your teeth.



CAUTION: Submerging the tray for too long or allowing the tray to stick to itself will render it unusable.

STEP 2: Immediately insert the mouth tray under your upper teeth and bite down on it (don't worry, it's not too hot), while at the same time pressing it firmly against the front of your teeth with your fingers, and the back of your teeth with your tongue. Let it set until firm, and this upper tray should now be perfectly molded to your teeth. If it is not, repeat step 1 and 2, making sure you bite down in the same place as before.

Repeat with the other mouth tray. You will only need to conduct the molding procedure the first time you use the trays since the shape is retained permanently.

STEP 3: When you have finished molding both trays, tear or cut the holding-tabs off. You can also cut the part of the mouth tray edge above where the indentations for your teeth are so that you get a better fit.

STEP 4: Make sure that the trays are clean and dry before applying the whitening gel (larger syringe). Do not put too much gel as this will cause it to go on your gums and could cause gum irritation. Place a small bead of gel in each indentation on the inner front surface of the tray, and spread it evenly in each indentation corresponding to a tooth leaving a thin layer of gel. Each tray requires less than 0.5 mL of whitening gel. Repeat with second tray. Recap the syringe for the next application until empty.

STEP 5: Insert whitening trays onto the respective teeth (the one molded for upper teeth should go onto the upper teeth and lower tray on lower teeth). Set the tray firmly against the teeth. Wipe off any excess gel that has seeped over the brim of the tray onto the gums with a tissue.

STEP 6: Wear the tray between 30 and 60 minutes, depending on your sensitivity level. Use once a day for 10-14 consecutive days. Do not exceed 1 hour per application.

STEP 7 (optional): Open the back of the mini LED light and remove the batteries and transparent plastic tab that is below the batteries. Discard tab, re-insert batteries, and press the top button to turn light on. Once the gel has been applied to the tray and already in your mouth, place the light in your mouth by putting the light's clear shield between the trays and the inside of your lips. Keep the light there during the application.

STEP 8: After completion of each whitening session, remove the tray and rinse off any remaining gel.

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REMINERALIZING GEL (blue gel): The remineralizing gel is used to replenish essential minerals in the teeth and prevent or eliminate tooth sensitivity. Use this gel AFTER you have finished all the whitening gel in the kit (or feel that your teeth are as white as you want them and will not be using the whitening gel for a few months). Using your trays (ensuring they are clean and dry), place remineralizing gel on the inner front surface of the tray in the same manner you apply the whitening gel. Wear trays for 10 minutes. Remove trays and do not rinse mouth.

You can also use the remineralizing gel if you get tooth sensitivity during the treatment.

STORAGE: Do NOT store the gel in refrigeration.

Wash your trays with a toothbrush. Store in a dry place (preferably in the included mouth tray case).

WARNING: Keep out of reach of children. Avoid contact with eyes or skin. If contact occurs, wipe gel off and rinse with water.

DO NOT USE IF YOU: are pregnant/nursing, have poor dental health (decaying teeth, exposed roots, gum disease), wear braces, had recent oral surgery, or are allergic to peroxide. At-home treatments carry minor risks, and you should consult your dentist.

RISKS: Some people will experience minor tooth sensitivity or gum irritation. This will disappear: 1) Within a few days after discontinuing use; 2) Decreasing the length of your bleaching sessions; or 3) Increasing the amount of time between bleaching sessions; or 4) Using the remineralizing gel more often.

Discontinue use if you feel a sharp pain in a tooth that lasts more than a few seconds, and consult with your dentist immediately.

IMPORTANT: During the entire length of your whitening treatment, you should avoid staining (dark) beverages and foods as much as possible, including coffee, tea, red wine, colas, red and dark sauces, and citrus beverages. If you must consume these, it is highly recommended to do so through a straw. Avoid smoking as much as possible too.

Use only under the supervision of a dentist.

The manufacturer and seller accept no responsibility for any usage of this product.

WHITENING GEL INGREDIENTS: GLYCERIN, CARBAMIDE PEROXIDE, AQUA, POTASSIUM NITRATE, CARBOMER, MENTHA PIPERITA (PEPPERMINT) OIL, SODIUM HYDROXIDE, DISODIUM EDTA

REMINERALIZING GEL INGREDIENTS: ACTIVE INGREDIENT: SODIUM FLUORIDE (0.15% W/V FLUORIDE ION).

OTHER INGREDIENTS: GLYCERIN, AQUA, POTASSIUM NITRATE, CARBOMER, CALCIUM PHOSPHATE, SODIUM HYDROXIDE, SODIUM SACCHARIN, MENTHA PIPERITA (PEPPERMINT) OIL, SODIUM BENZOATE, FD&C BLUE #1