



## Whitening Instructions for Take-Home Trays

This Whitening Kit will provide you with what is necessary to improve the brightness of your smile!

- Please keep out reach of children;
- Avoid contact with eyes. Rinse immediately, if this product comes in contact with your eyes;
- Do not eat, drink or smoke while wearing your custom trays;
- If you experience any irritation such as redness, swelling or soreness of the gums or mouth, discontinue use and call the office for a follow-up.

## Kit Contents

- Custom fitted whitening trays
- Tray storage case
- Whitening gel syringes with plastic caps
- Reusable Mixing Tips

## Application Instructions

1. Brush your teeth and wait 30 minutes;
2. Remove the plastic cap from the syringe by twisting in a counter clockwise motion;
3. Place a mixing tip on the top of the syringe where the plastic cap was;
4. Remove the rubber cap from the end of the mixing tip. Do not throw this away;
5. To put the whitening gel into the tray: Push the end of the syringe to eject the whitening gel. Measure the size of a grain of rice (or less if instructed by your dentist) into the front 8 teeth areas. The gel is to be placed on the front side of the tooth area = side that people see!
6. Place the tray on your teeth by bringing the tray towards you (with outstretched arms versus pushing it up from below and onto your teeth);
7. Remove any excess gel that oozes onto your gums;
8. Leave on your teeth for 30 minutes;
9. Remove trays after 30 minutes;
10. Replace the plastic cap onto the syringe;
11. Rinse your mouth;
12. Rinse the trays and place in the storage case.

## Reminder

When you are starting your fourth syringe, a complimentary 10-minute follow-up appointment is available if you would like to have your teeth evaluated or the process reviewed.