



Tooth Whitening Instructions

1. Thoroughly brush your teeth using toothpaste.
2. After removing the cap from the syringe tip, dispense the size of a grain of rice evenly into deepest portion of the tray towards lip side of tray.
3. Seat the tray completely and firmly over your teeth. Using a soft toothbrush, tissue or clean finger, gently remove any excess gel that may flow beyond the trays edge.
4. Gently rinse your mouth, using care not to swallow.
5. The trays are usually worn max 2 hours per day after your evening meal and before bedtime. The whitening is generally complete after 7-14 days.
6. After the prescribed time, remove the tray, brush and rinse the residual gel from your teeth then the tray using cold water. They tray should be removed before eating or drinking.

Please Remember

Teeth are naturally darker along the gum line. These areas may require more time to whiten to the rest of the tooth surface and usually remain slightly darker.

Some tooth sensitivity is to be expected while whitening your teeth. Sensodyne toothpaste helps to combat this by brushing with this toothpaste and placing it in the tray between bleaching.

Avoid foods and drink that would badly stain white clothing.