

Whitening Instructions

1. Floss and brush your teeth. Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.

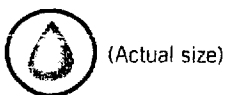
2. Place a small “teardrop” amount of gel in each tooth compartment in the tray (Diagram 1).

Diagram 1



To guide you, the “gel drop” shown (Diagram 2) represents the average size drop you should dispense into

Diagram 2

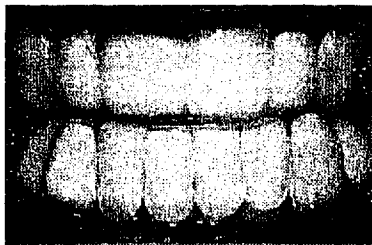


each tooth compartment. Remember this is a guideline only – if you have small teeth, use a smaller “gel drop.” Conversely, if you have larger teeth, use a slightly larger drop.

3. Place the tray with the gel in the mouth (Diagram 3).

4. Remove excess gel with your finger or dry toothbrush. When inserting the tray, be careful not to push the gel out, but be sure that the tray is

Diagram 3



completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.

5. Wear trays for at least 30 minutes, but no longer than 60 minutes.

6. After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from the teeth.