

At Home Whitening Kit

This will provide guidance on how use your at home whitening kit.

1. Brush and floss prior to whitening.
2. Please a teardrop amount of gel into each tooth on the tray you are wanting to whiten.
3. Wear the trays for 30 minutes a day for 2 weeks and touch up after as needed.
4. While the trays are in, DO NOT swallow. Spit if necessary. If excess gel gets on the gums, wipe it off as it will cause irritation.
5. After the 30 mins are up, brush your teeth once again and rinse.
6. Rinse your trays under cold water and let them air dry. Once they are dry, place them back into the case.

To avoid damaging your appliance: do not brush with toothpaste or soak in alcohol cleaners/mouthwash.