## Instructions:

**1)** Brush and floss your teeth before each application.

**2)** Each syringe contains 3 mL of premium gel which represents 3 tray applications. Remove cap from syringe. Apply a thin layer of gel (small bead) on the front-facing, inside part of the tray, extending from one side to the other. The objective is to have the gel coat the outer side of your teeth. Generally 0.5 mL of gel is required for your uppers.

**3)** The tray is designed to whiten both your upper and lower teeth simultaneously. Therefore, flip the mouth tray and repeat step 2 for your lowers.

**4)** Place the cap back onto the syringe. This protects the gel from exposure and maintains shelf life.

**5)** Once the gel has been applied, simply insert the mouth tray and press firmly against the front of your teeth to ensure the gel has been spread and completely coats your teeth. Allow any excess gel to escape naturally and remove from your gums using a toothbrush or tissue.

**6)** Wear your tray once or twice each day for 20 minutes per application or as recommended by your dentist. These wear times are only suggested and approximate. Depending on your comfort, available time frame and individual sensitivity issues, the wear time can be decreased and the frequency can be lengthened to suggested maximums.

**7)** Upon completion of each application, remove your tray and rinse it with water. Rinse or brush your teeth to remove any excess whitening gel.

**8)** Continue using this system uninterrupted each day until all of your applications have been completed or the desired results are achieved.

## Other Considerations:

- Wait at least one hour between applications.
- Store syringes in a cool, dry place. Refrigerate if possible.
- Avoid citrus fruits and juices until your applications have been completed, since they may cause sensitivity.
- Reduce or eliminate consumption of coffee, tea, red wine, cola and tobacco, since they may contribute to tooth staining during (and after) your whitening application.
- Brush and floss before and after each whitening application.

## Warning:

If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult a dentist. Products containing peroxides are not recommended for use by children under 12 years of age. Use for periods of longer than 14 days is to be only under the supervision of a dentist. Avoid swallowing the gel or part thereof. Avoid contact of the product with the eyes. Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow. Do not use if you are pregnant, lactating or think you may be pregnant.