

## DIRECTIONS FOR FITTING TRAYS & APPLYING GEL READ COMPLETELY BEFORE USING THIS PRODUCT

### TRAY FITTING INSTRUCTIONS:

Place the tray over the upper or lower teeth. If dental trays are too large, trim to desired size before fitting with a pair of scissors.

### HEATING THE TRAY:

Bring water to a boil either on top of the stove or microwave. It should be four inches in depth so the entire tray will be immersed while allowing the tab to remain above the water. After the water has come to a boil, let it stand for a few seconds. Place one of the trays in hot water for 4 seconds. Lift the tray vertically allowing any excess water to run off. Carefully and quickly place the tray around the teeth. With the tongue on the roof of your mouth, suck some of the air and water from the tray. This will contour the inside of the guards to your teeth, giving you a custom type fit. The tray will be warm when placed in the mouth, but not burn the gum tissue in the mouth. Repeat the same process with the second tray. Now you have custom upper & lower impression trays. After shaping both mouth trays remove the straps with a pair of sharp scissors. Your reusable, custom fitted trays are now ready for use.

Caution: Once the tray is boiled, it becomes flexible. When you are placing it in the mouth, be careful not to fold the edges of the "U" shape tray onto itself. If you are not satisfied with the fit, procedure can be repeated using the same method.

### TEETH WHITENING INSTRUCTIONS

1. Brush and floss your teeth. Next, remove the plastic cap from the applicator.
2. Place a small drop of gel inside the front portion of each tooth compartment of your trays.
3. Place the trays over your teeth. Be careful not to push the gel out of the trays, but be sure that the trays are completely saturated over your teeth. Remove any excess gel (outside the trays) with your finger, tissue or a dry toothbrush. Wear the trays with bleaching gel for 30 minutes to an hour a day not exceeding more than 2 times in one day. It is recommended to wear one dental tray at a time, however; you can wear both if the trays are not uncomfortable in your mouth at the same time.

4. After whitening, remove the trays, rinse and brush excess gel from your teeth and gums. If you notice any whitening of your gums, this is temporary and should last only 5–10 minutes; these are signs that you are using too much gel; use a little less next time. Rinse the trays with cold water (hot water can distort trays).

5. Use a toothbrush or cotton swab to remove any residual gel from the trays. Place the trays in the storage case and keep them in a cool, dry place.

6. Most teeth will require 10–14 treatments for maximum whiteness. If you have sensitivity to the whitening process you can skip days between treatments. We also recommend that you brush your teeth with a fluoride toothpaste right after the procedure that will reduce the sensitivity.

7. Refrain from coffee, dark sodas, smoking and red wines during the whitening process.

#### ACTIVE INGREDIENTS

22% carbamide peroxide, glycerin, propylene glycol, TEA, carbapol, flavoring orange oil and a proprietary ingredient to eliminate sensitivity.

STORE AT ROOM TEMPERATURE – YOU SHOULD NOT USE THIS PRODUCT IF YOU ARE PREGNANT, HAVE HEALTH PROBLEMS, PERIODONTAL DISEASE OR GUMS THAT ARE IN POOR CONDITION, WEAR BRACES, HAD RECENT ORAL SURGERY, DECAYED TEETH, HAVE ROOTS THAT ARE EXPOSED, HAVE COLITIS, OR HAVE JAW PROBLEMS.

The manufacturer and seller assume no responsibility for any usage of product. You should consult with a dentist before attempting any at-home treatments and understand that there are risks involved if not doing so. A small percentage of people may experience reversible tooth sensitivity and gum irritation which disappears when use ends, or by decreasing the amount of time you bleach your teeth each time, or by increasing the amount of time between bleaching sessions.