

Take Home Whitening Kit Instructions

How to use

Wear your custom whitening trays for 30 to 90 minutes 1 or 2 times a day, for results in as little as 2 weeks.



Brush and
rinse teeth



Put a teardrop amount
of whitening gel into
each tooth tray



Gently place the
trays over your
teeth



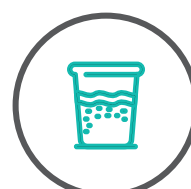
Wipe away excess
gel from mouth



Leave trays
in for the
prescribed time



Take out trays
and clean with
cold water



Rinse mouth well
and remove any
remaining gel



Enjoy your
whiter smile!

Do not do these after using teeth whitening kit



Do not eat or drink
for at least
30 minutes following



Do not smoke
immediately after
treatment



Avoid drinking tea,
coffee, wine etc for
48 hours

Patients with sensitivity will require a day or two break between treatments.
Shortening treatment time is also suggested.