

TEETH WHITENING INSTRUCTIONS

Place the whitening gel on the inside of the trays, only covering the portion of the tray that will contact the front side of your teeth

Insert the trays and press lightly against your teeth so that the gel is completely covering your top and bottom teeth.

Remove any gel that extrudes out of the tray onto your gums with the provided cotton or a q-tip

Wear the trays for the instructed period of time, then remove the trays. Wipe any residual whitening gel from your teeth and then rinse your mouth with water.

Gently rub a small amount of the vitamin E provided on any of your gum tissue that was exposed to the whitening gel