

## **PRIOR TO TREATMENT**

Brush and floss just prior to bleaching your teeth. The whitening gel is most effective with clean teeth. Try the trays first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

## **APPLYING THE BLEACHING GEL**

Place a SMALL drop of tooth whitening gel halfway up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 10-12 teeth as no one sees the back teeth.

## **INSERTING THE BLEACHING TRAYS**

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off the gums with your finger or tissue. Wear the tray with the gel as directed below.

## **WEARING TIME**

Overnight but wear for a minimum of 4 hours.

## **AFTER WHITENING**

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning.

## CARING FOR YOUR TRAYS AND GEL

Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight.

## SENSITIVITY

Your teeth or gums will most likely become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. Due to the high prevalence of sensitivity, we recommended Sensodyne toothpaste or Kin desensitise gel.