



Easy Instructions for a Whiter, Brighter Smile

1. Floss teeth and then brush gently.
2. Place a thin line of whitening gel into your custom-designed whitening trays as directed by your dental professional. Each tooth impression in the mouth guard should contain an adequate amount of gel. Try to avoid dispensing an excessive amount into the mouth guard. (If you are sensitive to peroxide, before inserting the trays, apply a thin amount of petroleum jelly to the gums adjacent to the teeth that will be whitened.)
3. Insert the whitening trays and allow any excess material to exude. Wipe away excess.
4. For 32% formulation, the recommended bleaching regimen is 1–2 treatments per day for 10–15 minutes for 14 days, or until desired results are achieved.
5. Clean mouth guard thoroughly after each use and then brush your teeth again.
6. Rinse with warm water.

Warnings: Keep out of the reach of children. Not for injection. 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 of product for periods of longer than 14 days is to be only under the supervision of a dentist. Avoid swallowing and avoid contact of the product with the eye. Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow. Storage: Store at or below 75° F (23° C). Do not freeze



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