



At-Home Bleaching Instructions-Venus White Pro

1. Brush and floss teeth (bleaching is most effective on clean teeth)
2. Make sure trays are clean and dry prior to applying
3. Remove syringe from case and snap tip cover from the end
4. Load the trap, depress the plunger and fill each tooth in the tray with a pearl of gel
5. Position tray over your teeth and gently press tray to move the gel into place. Wipe excess gel, which seeps over the brim of the tray, off of your gums with a tissue or your finger.
6. Wear 30 minutes, or if sensitivity occurs, wear 15 minutes, twice a day.
7. After whitening, remove the tray and rinse your teeth. Brush away any remaining gel.
8. Clean your bleaching trays with a toothbrush and cold water. Store trays in the tray holder and gel in the refrigerator.
9. **Avoid coffee, tea, red wine, raspberries, strawberries, or cranberries for several hours after bleaching.**



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