

How to use your take-home trays:

- ✓ Brush and floss teeth.
- ✓ Take the syringe out of the kit. Remove the cap and insert a tip by twisting it securely onto the syringe.
- ✓ Place a small (rice grain) drop of gel into every compartment of the tray for all the teeth undergoing treatment.
- ✓ Place the tray into your mouth, over your teeth.

- ✓ Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Wipe away this excess gel with a tissue.
- ✓ Wear the Day White trays for 30 - 60mins minutes, twice a day, OR wear the Nite White trays for 2-4 hours at night.
- ✓ After treatment, remove the tray. Rinse the tray and mouth with cold water.
- ✓ Remove the remaining gel with a toothbrush without toothpaste and apply a thin layer of Tooth Mousse Plus or Colgate Pro-relief and leave it overnight.
- ✓ Repeat steps 1-8 daily until all the gel is used.

Bite

For Effective Results

- ✓ Do not smoke immediately after treatment – wait for at least two hours.
- ✓ Foods and drinks containing strong colours should be avoided for at least 48 hours after the treatment (E.g. red sauce/mustard, blueberries, juice, coffee/tea, red wine, soy sauce, cola, curry/turmeric)
- ✓ Use gel at room temperature.
- ✓ Store in a cool place out of direct sunlight.
- ✓ Do not use gel after the expiration date.

Precautions

- ✓ To be used under the supervision of a dentist.
- ✓ Keep out of reach of children and pets.
- ✓ Not to be used by pregnant or lactating women or children under 16 years old.
- ✓ Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using these products
- ✓ Discontinue use if any unusual sensitivity or reactions occur and call our office
- ✓ Do not inject whitening gel into the body.