

## USAGE INSTRUCTIONS



### Thermoform Bleaching Trays

1. Boil a pot of water and then reduce heat slightly so that water is no longer bubbling.
2. While holding onto the tab on front of bleaching tray, soften the bleaching tray by submerging it into boiling water for 5-10 seconds (you will notice the tray begin to wilt). The bleaching tray must be softened enough to properly make a mold of your teeth. NOTE – Overheating may damage or over-shrink the bleaching tray.
3. Allow the bleaching tray to cool just enough to eliminate the possibility of burning your mouth during the molding process. Position the bleaching tray over your teeth, bite firmly into the bleaching tray and apply pressure with your fingers to the front of the bleaching tray. At the same time, press your tongue on the roof of your mouth and such all of the air and water from the inside of the bleaching tray. Let the bleaching tray cool and harden. Then remove bleaching tray from your mouth. NOTE – You may reheat the bleaching tray and repeat steps 2-3 if necessary to attain optimum results.
4. After the bleaching tray has hardened, place it into your mouth to assure a comfortable fit. If the bleaching tray covers too much of your gums or continues past your rear (molar) teeth, you may use scissors to trim the excess material from the bleaching tray. If you are satisfied with the results of the fit, use scissors to cut the holding tab off of the front of the bleaching tray.
5. Repeat steps 1-4 for each bleaching tray



### Dental Gel Whitening Usage

1. Brush your teeth each time before using the dental whitening system. The whitening gel is most effective on clean teeth.
2. Make sure that bleaching trays are clean and dry before applying whitening gel into them. NOTE – Moisture reduces the efficacy of the whitening gel and slows down the whitening process.

3. Apply a small amount of whitening gel around the front interior of the bleaching tray in such a way that the gel will completely cover the front surface of your teeth.
4. Position the bleaching tray over your teeth and press gently so that the whitening gel covers the entire front surface of your teeth. Discard and overflow gel by spitting or wiping it from your mouth. Wear bleaching trays from 30 minutes to 3 hours. NOTE – Start slowly and build up your wear-time. You may wear your trays overnight if you have no sensitivities. Longer wear-times create faster whitening results. As an average, optimum results are achieved after 10-30 cumulative hours of wear-time.
5. Upon completion of your whitening session, clean the bleaching trays with warm water and toothbrush and store in a safe place.
6. Conduct your whitening session once per day until desired level of whitening is attained. NOTE – You may skip days between whitening sessions to minimize sensitivities. This will not affect the cumulative whitening process.

Be sure to keep your whitening gel refrigerated when not in use.