



WHITENING INSTRUCTIONS

- * Floss and brush as normal before placing trays.
- * You will only need a small amount of gel (about a size of a pin head for each tooth)
- * The trays need to be placed for at least an hour (some patients like to leave tray in overnight)
- * It is advised that the upper teeth are to be done first so you can compare your upper teeth to your lower teeth.
- * Once you are happy with the shade of your upper teeth continue with your lower teeth. Most people are happy with the results after 2-3 nights of use per tray.
- * When removing trays rinse with COOL WATER ONLY.
- * Store trays in case provided.
- * The whitening lasts a number of months. When you feel your teeth need to be whitened again you may do a top up. Again most people are happy with 2-3 nights per tray.