

## Take Home Whitening Instructions

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Step 1: Load your tray by placing a dot-sized amount of the gel on the lower third of the front of each tooth from bicuspid to bicuspid. This should use about 1/4 to 1/3 of the syringe.

Step 2: Insert the tray into your mouth. Gently press on each tooth, dispensing the bleaching gel to adapt well on your teeth. Wear times vary according to concentration:

10% = 8-10 hours or overnight

15% = 4-6 hours

20% = 2-4 hours

Step 3: Remove trays. Rinse well. Be careful not to swallow any of the gel. Brush your teeth. Brush the bleaching trays with soft brush or rub the tray gently with a finger. Store it dry in the case provided.

Side effects: If sensitivity develops, use Sensodyne toothpaste without rinsing and expectorate (spit out) excess.