



### **Lifetime Whitening Application Guide**

- I. Brush and floss teeth prior to wearing the trays. To dispense whitening material, first remove the cap from the syringe and put on the tip. Place a small dot on the front of each tooth in the tray. Do not overfill the tray. Replace the cap to the retain syringe for the next treatment until all the whitening material is used. Each syringe contains approximately 3-5 treatments.
- II. Insert the whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth.
- III. Wipe excess material from gums with your finger or toothbrush. Wear the tray with whitening material as directed by your dentist. (A minimum of 60-90 minutes).
- IV. Remove the tray and rinse off your teeth. Brush any remaining gel away.
- V. Clean the whitening tray with a toothbrush and warm water and carefully wipe dry. Store in the tray holder or on your models.
- VI. *Remember to keep your recommended preventative care visits current as per your dentist's recommendations to receive your next whitening material syringe.*

\*Note: Sore throat or nausea may be experienced if excessive gel is swallowed. If you experience discomfort or sensitivity consult your dentist for further instructions.

**DO NOT eat, drink or smoke while the whitening tray is in place.**

Caution: Keep out of reach of children and pets. Use only under the supervision of a licensed dentist. Refrigerate whitening gel when not in use for more than two weeks. Keep away from direct sunlight.