

*- professional take home whitening kit instructions -*

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- Before whitening, brush and floss your teeth.
- Using the mixing nozzle, place a small 'teardrop' amount of the whitening gel in the interior face of each tooth compartment.
- Place the trays in the mouth, gel should not over-flow onto the gums once trays are in place - if so, too much gel was used - remove excess gel with your finger or dry toothbrush.
- 'Bubbling' will appear inside the trays, wear for 30 minutes - no longer than 45 minutes.
- After whitening, rinse trays with cold water - hot water may damage the trays.
- Rinse and brush excess gel from teeth.