



At-Home Customized Whitening Instructions

1. Clean your teeth before a whitening session, brushing if possible.
2. Put one small pin drop in each tooth of the upper and lower trays. Skip teeth in the tray that you do not wish to have whitened such as missing teeth or crowns.
3. Perform whitening with two, one-hour sessions every day. Rinse the trays after each session.
4. Remove trays from your mouth immediately if your teeth start to feel sensitive. This usually indicates that you need to build up a tolerance for sensitivity with shorter sessions. You can begin with 15 or 30-minute sessions, building up time slowly at your own pace.
5. Unused whitening gel can be stored in the fridge and has a two-year shelf-life.
6. Don't whiten continuously for over two weeks unless you consult your dentist.
7. We recommend doing a touch-up whitening session once a year.

Additional Tips

- If you experience sensitivity, then apply a toothpaste-like Sensodyne or Colgate Sensitive directly to your teeth. Rub it in and leave it on the tooth.
- If you store your whitening gel in the fridge, then remove it 15 minutes before a session so it has time to soften.