



INSTRUCTIONS

THERMOFORMING TRAYS

- 1 Bring a pan of water to boil and remove water from heat
 - 2 Place one tray in water holding tab of tray for 3-5 seconds.
If you keep trays in the water to long they will shrink
 - 3 Place the tray in your mouth inserting your teeth into tray. This will not burn.
 - 4 Close your mouth and suck in the air.
 - 5 Use your fingers to push against tray to create impression.
 - 6 You should leave the tray in your mouth for about 10 seconds.
 - 7 Trim the trays with small scissors so they are only touching your teeth.
Also you should cut off the tab so you can close your mouth with the trays inside.
- 6 Repeat steps 2-7 for the second tray

Note : You will only need to mold your trays once not every time you do a treatment. You must form your mouth trays to in order to achieve the best results from your whitening kit. Keep in mind that you do not need a perfect mold for the whitening system to be effective.



WHITENING TREATMENT (If Your Kit Includes a Light Check Light Instructions First)

- 1 Brush and floss your teeth with our blue pre-treatment liquid or just regular toothpaste. The whitening gel will give the best results when used with clean teeth. You may want to try to wear the trays first without any gel to check for comfort. Also make sure that they trays are clean and dry before applying any gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.
- 2 Place a small drop of gel per tooth in the tray. This should not be more than 1/4 to 1/5cc of gel total. Do not spread the gel around the tray. When you apply the gel make sure not to fill the trays completely. Give priority of the treatment to your front teeth.
- 3 Insert the trays into your mouth. If any gel comes in contact with your gums wipe it off with your finger or a tissue or it can cause a burning sensation.
- 4 Leave the trays in your mouth for 20-30 minutes. You can increase the whitening time after a few sessions. In the case that you experience sensitivity do not increase whitening time. Do not exceed a treatment time of more than 1 hour a day and we recommend that you only whiten your teeth once a day
- 5 Remove the trays from your mouth and brush your teeth to remove any remaining gel. Continue to brush, floss, and continue your daily dental routine.
- 6 Rinse off your trays with cool water and clean them with a toothbrush or a q-tip and cool water.
- 7 Store your trays in a cool dry place away from heat or direct sunlight. You may store your teeth whitening gel in the refrigerator to optimize the preservability. Do not store the gel in the freezer.

LED WHITENING LIGHT

The whitening light is to be used at the same time as the whitening treatment.

- 1** Twist and remove the battery cover of the back of the light.
- 2** Remove the batteries and remove the small clear security tab under the batteries. The light will not work if this tab is not removed.
- 3** Re-insert the batteries + side up
- 4** Replace the battery cover and twist it closed
- 5** Place whitening trays in your mouth
- 6** Place light in front of your trays and turn the light on
- 7** Keep the light in your mouth for 10-20 minutes
The light will turn off automatically after 10 minutes.
To keep using the light press the power button to turn it back on.
The use of this light will make the whitening process more efficient and reduce the whitening time needed.

REMINERALIZING GEL

The remineralizing gel is to be used after the whitening treatment has been completed.

- 1** Rinse out your trays before use and make sure they are dry
- 2** Place a small bead of gel in the front and back of the trays
- 3** Keep the trays in your mouth for 4-5 minutes
- 4** Remove trays from your mouth and rinse and clean them with cool water.
Be careful not to rinse your mouth for 3-5 hours after using the remineralizing gel.
We recommend that you remineralize just before going to bed for a thorough remineralization process.
Remineralize once or twice a week during the whitening process and once a week thereafter for a healthy smile.

DO NOT USE IF: pregnant/nursing, poor dental health (decayed teeth, exposed roots, gum disease, wear braces, recent oral surgery, jaw problems).

At-home treatments have risks involved and you should consult your dentist. Some people will experience reversible tooth sensitivity and gum irritation. This will disappear: 1. Within a few days after discontinuing use 2. Decreasing the time you bleach your teeth 3. Increasing the amount of time between bleaching sessions.

Whitening gel Ingredients: Propylene Glycol, Glycerine, Carbamide Peroxide, Carbopol, Peppermint oil, Trolamine, Sucralose

You tube Instruction video: Teeth Whitening at home, made EASY and AFFORDABLE

http://www.youtube.com/watch?v=s6ORaf5e_-A

Manufactured in the USA for Easy White

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