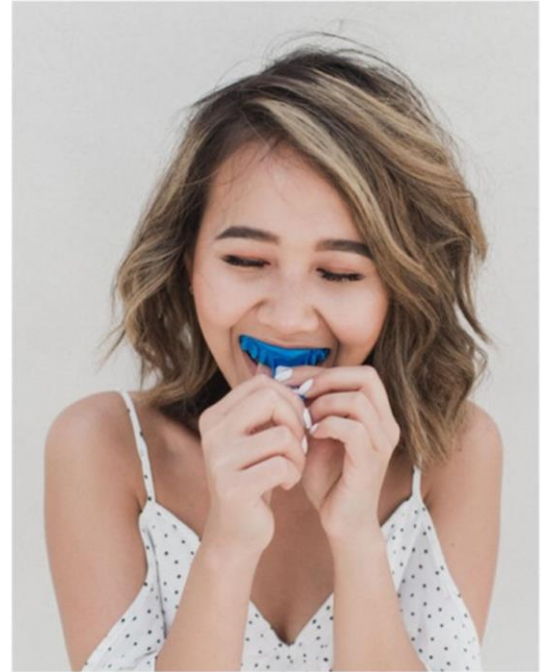


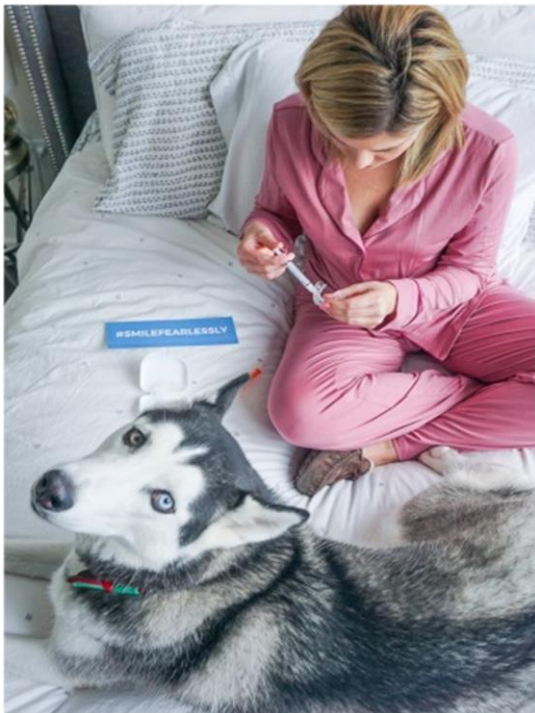
HOW TO MAKE YOUR IMPRESSIONS:

One at a time, in front of a mirror, with a stopwatch next to you!

1. Within 60 seconds, mix the putty together into one solid color and into a "hot dog" shape.
2. Lightly place the "hot dog" into the blue tray without pressing down too hard. You do not need to pack the putty into the blue tray.
3. Place the blue tray into your mouth, making sure that your teeth are in the middle of the putty. In one motion, press evenly with your thumbs to ensure that each tooth is covered.
4. As some of the putty oozes out of the blue tray in the front of your mouth, **push it into your gum line**. The most important thing is that we can see where your tooth stops and your gums start!
5. Leave the tray in your mouth for 3 minutes.
6. Use your index and middle fingers to VERY CAREFULLY remove the tray from your teeth. Do this in one motion, without wiggling the tray. Use the front tab as little as possible.



Need more help? [Dental Impression Pointers](#) & [Dental Impression Tips](#)



HOW TO WHITEN WITH YOUR TRAYS:

Use 1/3 of a whitening gel syringe, before bed, for 45 minutes!

1. Brush teeth with water
 - Not toothpaste, fluoride slows down the whitening process
2. **Whiten for 45 minutes - 3 hours**
 - Do not whiten overnight; it can cause extreme tooth sensitivity
3. Brush teeth with a non-whitening toothpaste
4. Rinse trays out with water
5. **Desensitize for 20 minutes**
 - Do not drink or eat for 1 hour after each session
6. Remove trays, but do not rinse your mouth or brush your teeth
 - Leave a thin layer of desensitizing gel on your teeth
7. Sleep! It is the best to whiten before bed so you are not introducing any staining food or drinks.

Need more help? [10 Facts about Teeth Whitening](#) & [Website FAQ](#)

Will teeth whitening damage my enamel?

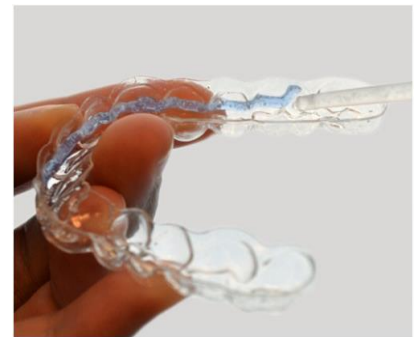
Absolutely not! Enamel is the hardest tissue in the human body and consists of tiny microscopic tubules, or pores. Although enamel is the outermost layer of the tooth, the layer of tissue beneath the enamel, called dentin, absorbs the majority of stains. During the whitening process, the pores open in order for the whitening gel to reach the inner tooth tissue and remove the stains.

How long should I whiten? How often should I whiten?

Most people need 7-14 applications to completely remove all stains from their teeth. Start with applications of 45 minutes. If your teeth feel comfortable, you can slowly increase to 3 hours. If you have sensitive teeth, stick with shorter sessions and whiten every other day. **Always complete a desensitizing gel session for 20 minutes** after each whitening session. Consistency is important to achieve the best results!

How much gel do I need?

Each 3ml syringe of teeth whitening gel and desensitizing gel delivers 3-4 applications. **(1 application = top and bottom trays)** You may not need to use all of the gel syringes to achieve optimal results. Keep the remaining gel syringes for future maintenance! Both gel syringes will remain effective for 1 year at room temperature or 2 years if refrigerated.



I have pre-existing tooth sensitivity. How should I whiten?

You are not alone! More than 60% of Americans have naturally sensitive teeth, often caused by genetics. Before your first whitening session, **prep your teeth with desensitizing gel** for two nights. After brushing your teeth, leave the gel on for 20 minutes before bed. On the third night, use the whitening gel for 30-45 minutes (start with shorter sessions to ensure you are comfortable.) After each whitening session, always complete a desensitizing gel session.

My teeth are sensitive after whitening. What should I do?

Don't worry! Sensitivity is common with any whitening product. First, **be sure you are using desensitizing gel** after each whitening session. Then, if the sensitivity persists, try whitening every other day and stick to 45-minute sessions. On your "off" days, complete a desensitizing gel session ONLY. When you are whitening your teeth, the tiny pores in your teeth stay open for 24-48 hours. The desensitizing gel helps close the pores faster, which also helps prevent re-staining! Slow and steady is the key when whitening sensitive teeth.

My gums are irritated. What should I do?

Take a break from whitening to **allow your gums to heal completely**. When you begin whitening again, rub Vaseline or coconut oil on your gums before you insert your trays. The Vaseline/coconut oil will act as a barrier so less whitening gel will come in contact with your gums. Try using less whitening gel, readjusting your trays and removing any excess gel with a Q-tip.

I have white spots on my teeth. Is this normal?

Yes! While the whitening gel lifts stains out, it can also take minerals and hydration with them. Overnight, your saliva replenishes your teeth and helps the white spots disappear. **Our desensitizing gel will help speed up this process.** Take a break from whitening and use desensitizing gel ONLY for a few days. Put 1/3 of a desensitizing gel syringe in your trays for 20 minutes before bed. This will help reduce the white spots and prepare your teeth for whitening again!

I'm not seeing results. What can I do?

It's OK! It takes some people a little longer to get to their desired whiteness. The keys to success are:

- Before whitening, brush teeth with JUST water (not toothpaste, the fluoride slows the whitening process.)
- After whitening, always complete a desensitizing gel session for 20 minutes.
- Always whiten before bed, if possible! If you have to whiten during the day, do not drink or eat for 1 hour after the desensitizing gel session. Let it sit on your teeth for as long as possible!
- Do not rinse your mouth or brush your teeth after the desensitizing gel session.

Unfortunately, **your teeth are WAY more susceptible to re-staining during the whitening process.** The pores in your teeth are more open than normal, which is great for getting stains OUT but also great for letting stains IN. Avoid consuming coffee, tea, dark colored soda, red wine, berries, candy, red sauces, beets, chocolate or any other foods that have a tendency to stain your teeth. If you have to drink coffee, tea or soda, drink it through a straw and brush your teeth afterward!

