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Instructions

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It is best to apply the whitening gel at room temperature. If you have stored your whitening gel in a fridge, please remove it prior to use so that it returns to room temperature.

Remove the cap from the syringe and apply the applicator tip. This helps you to apply a thin layer of gel to your whitening trays as it's important that you don't put too much gel into the trays.

Apply a thin layer of gel on the inside surface of the tray based on the instructions provided to you by your dentist. For a video on how to apply the gel, please visit whitewashlaboratories.com/how-it-works.

Apply gel in both the upper and lower whitening trays and then place the trays around your teeth and apply gentle pressure to fix them both in place.

Follow the treatment plan advised by your dentist and wear the gel-filled trays for 1 hour during the day. This fast-acting formulation has been specially developed for use during the day. After use, remove your whitening trays and wipe away any excess gel and rinse with cold water. It's important that you do not rinse with hot water as your whitening trays may become distorted. For best results use our Tray Cleaner to clean you whitening trays.*





Please contact your dentist if you are unsure about any instructions on this leaflet.

*Available through your dentists or online.



Eco-Conscious Packaging

Syringe and dental tray case are made with biodegradable eco plastic Packaging made of recyclable materials











Thank you for choosing to have your teeth professionally whitened with us

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To help maintain the whiteness of your teeth it is important to follow these guidelines:

Follow the treatment guidelines of your professional whitening product as advised by your dentist.

During the treatment period, limit foods and drinks that can stain your teeth, such as coffee, tea and red wine.

Use our range of toothpastes and mouthwashes which have been specifically designed for stain prevention and whitening to help remove surface stains and maintain the brightness of your teeth. Have regular cleanings with your dentist to maintain the health of your teeth and gums and to remove any surface stains that may have developed.

Use top-up whitening treatments with your dentist as needed to maintain the brightness of your teeth. These can include additional whitening gel syringes and whitening strips.

Visit **whitewashlaboratories.com** to see the full range of smile maintenance products and follow these guidelines to help ensure that your teeth stay white and healthy for years to come.





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