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TAKE HOME WHITENING INSTRUCTIONS

1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment
2. Seat the tray, with the gel, around the teeth - wear 1 or 2 X 15 min/day OR 1 X 30 min/day
3. Wipe away excess gel in mouth with a tissue or dry soft brush
4. After treatment, remove tray. Rinse tray and mouth with lukewarm water
5. Brush teeth
6. Use whitening gel consecutively for 7 days or every other day for 14 days

