

TOOTH WHITENING SYSTEM



INSTRUCTIONS - ENGLISH

Boil and Bite tray system

Boil a pot of water and then submerge your mouthpiece into it for 3 to 5 seconds. You will see the mouthpiece begin to wilt.

- NOTE :

Keeping the mouthpiece submerged too long will cause it to shrink. Place the mouthpiece into your mouth and press it against the front of your teeth with your fingers and the back of your teeth with your tongue. Let it cool and your mouthpiece is now perfectly molded to your teeth.

- NOTE :

You will only need to conduct the boil-n-bite procedure once for each mouthpiece, not each time you conduct your whitening session. Squeeze Whitening gel into the front of your mouthpiece. You don't need to over fill it. Place mouthpiece over your teeth for 30-40 minutes. Repeat this process for both upper and lower teeth once per day until teeth have reached desired shade of white.

TIP FORMING YOUR BOIL & BITE MOUTHPIECES :

You must form your mouthpieces in order to achieve the best results from the Boil-n-Bite Whitening Kits. This is a very simple process of heating the mouthpiece in hot water so that it becomes soft and moldable. Keep in mind that you do not need a perfect mold of your teeth for your dental bleaching system to be effective. To mold your mouthpieces you should bring a pot of water to a boil and then turn off the stove to let the water begin cooling. While holding the mouthpiece by its specially designed holding-tab, submerge the mouthpiece into the water for approximately 10 seconds. This will make the mouthpiece soft. After letting it cool just enough not to burn your mouth, place the mouthpiece over your teeth (either upper or lower). Now press the mouthpiece down onto the front of your teeth using your fingers while using your tongue and teeth to press the rear of the mouthpiece to that back of your teeth. If the mouthpiece seems to big for you, simply put it back into the hot water and it will shrink to fit any sized mouth. Repeat these steps for both upper and lower teeth. When the mouthpiece has cooled, test the fit and repeat the above process if you need to adjust the shape of the mouthpiece. When the molding process is completed, cut the holding-tabs off of the mouthpieces so that you can close your mouth completely when the mouthpieces are in your mouth.

TEETH WHITENING TIPS AND CAUTIONS :

Dental Whitening Gel Usage: Whitening gel is placed around the inside, front of the mouthpiece. There is no need for the whitening gel to come in contact with the back side of your teeth since they are not visible to others.

Place the mouthpiece over your teeth. You will notice that the whitening gel squeezes so that full coverage of all teeth is attained.

There may be some additional gel that overflows out of the mouthpiece into your mouth. Simply discard this overflow gel by spitting it out.

You should wear the mouthpiece for 20 to 30 min and 10 to 15 min with the plasma light. You may decrease your wear time or frequency of use if you experience sensitivities,. Some people report watering of the mouth when whitening their teeth.

This is a normal reaction and tends to diminish as time goes on.

These cumulative hours of wear time can be completed in consecutive days or you may skip days if you like. . After completion of each whitening session, wash your mouthpieces with water and store in a dry place. Be sure to keep your whitening gel refrigerated when not in use.

There are several things you can do to make your dental whitening activities more effective and pleasurable. Take the time to read the below tips to make your dental whitening experience as easy and effective as possible.

IMPORTANT (Please read before using tooth whitening bleaching gel) :

Dental Work: Tooth Whitening (bleaching) gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth.

Tetracycline (an antibiotic) stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis.

Exposed root portion of teeth which occurs with gum recession will also not bleach.

If you have amalgam (silver) fillings in, near or behind the front teeth, long term bleaching can cause the surrounding tooth to have a greenish tinge.

Bleaching teeth which have a lot of translucency (see thru) can cause the teeth to become even more translucent and may give the tooth a darker appearance. It is important to consult a dentist if you have any of the above concerns.

SENSIVITY :

Your teeth or gums will most likely become sensitive.

This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides.

WARNINGS :

Keep bleaching gel out of reach of children. Do NOT use if pregnant or during nursing. Do NOT smoke, drink or eat while bleaching your teeth.

DENTAL WHITENING GEL SHOULD BE REFRIGERATED FOR LONG TERM STORAGE :

Shelf life is 1 year unrefrigerated and 2 years refrigerated. Use only in accordance with these instructions.

Usage Instructions for Professional Dental Whitening Gel It is important that you apply the teeth whitening gel properly so you do not waste any of the gel and that you experience the least amount of sensitivity while using the gel.

1. Prior to treatment :

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort.

Make sure that the bleaching trays are clean and dry before applying the whitening gel.

Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

2. Applying the Bleaching Gel:

When you apply the gel make sure not to fill the trays. Place a SMALL drop(o) of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty.

The average treatment per arch requires approximately 1/4cc to 1/5cc of whitening gel.

We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

3. Inserting the bleaching Trays :

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.

4. Wearing Time:

We recommend that if you have not whitened before, use for 20 mins to 30 mins the first time and increase the wearing time if there is little or no tooth sensitivity.

Manufacturers recommended wearing times are :

- 22-35% or Day White bleaching gel: use for 20 mins to 30 mins once per day (do not exceed 1 hr/application).only once a day

5. After Whitening :

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning.

6. Caring for Your Trays and Gel :

Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place

away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

NOTE:

- As an average, optimum results are achieved after 10-25 cumulative sessions of wear-time
- Longer wear times create faster whitening results
- Faster results can be achieved with higher concentrations of Carbamide Peroxide or hydrogen peroxide.
Conduct your whitening session once per day until desired level of whitening is attained.

-- PLASMA LIGHT :

IF YOU BUY THE PLASMA LIGHT FOLLOW THE SAME INSTRUCTION JUST HAD THE LIGHT IN YOUR MOUTH WITH THE TRAY FILLED OF GEL FOR 10 TO 20 MINS

THE LIGHT SHUT DOWN AUTOMATICALLY AFER 10 MINS , IF YOU KEEP IT 20MINS , DO NOT FORGET TO TURN IT ON A SECOND TIME

THE LIGHT COME WITH BATTERY SECURITY TAPE,DO NOT FORGET TO TAKE IT OFF.