

PLEASE READ THESE INSTRUCTIONS THOROUGHLY BEFORE USE.

Instructions for 'BlueLight' Teeth Whitening Kit

Pre-Fitting Procedure – Place one tray over your upper teeth to get accustomed to the fit, and then practice sucking the air from the tray. This is the procedure you will use when you retrieve the tray from the hot water and will contour the tray to the inside surface of your teeth. Repeat the procedure with the lower teeth.

Fitting the Tray – Boil a pan of water. Remove the pan from the heat. Holding the tab, dip the tray into the water completely. Leave in the water for 3 – 4 seconds. Caution, this makes the tray very flexible. When placing it in your mouth, be careful not to fold the edges of the “U” shape tray onto itself. Holding the tab, lift the tray from the water shake of excess water and quickly place the tray around the teeth and perform the same sucking procedure as practised with the pre-fitting instructions the tray will feel warm but will not burn.

Direct sunlight and excessive heat may destroy the bleaching tray. Always keep the tray at room temperature.

Note: As this is a 35% gel, you need to avoid getting gel on the soft tissue (gums) so using small scissors or clippers, trim your trays on the gingival line (teeth / gum line). This ensures that the gel ONLY goes on the teeth.

Directions for the Bleaching Procedure

1. Brush and floss teeth thoroughly. Ideally brush teeth with baking soda, Colgate sensitive, Crest sensitive toothpaste or equivalent with a moist toothbrush for 30 – 60 seconds to decrease sensitivity (Optional but recommended)
2. Place a very small bead of gel per tooth in the frontal portion of the tray and smear it evenly across the tray; for the front 6 – 8 teeth (approximately 1/4 cc) this will be the teeth exposed when smiling. Be careful not to overload the tray. Place tray in your mouth for approximately 15 – 30 minutes. Make sure you wipe off any excess gel that may be exposed to the gums outside the tray. Repeat process daily until desired results are achieved
3. If you have any gum or tissue irritation, trim back the tray very slightly with tiny scissors. If sensitivity continues, discontinue for 2 – 4 days. Remove tray, rinse, and brush teeth. Clean the trays with cold water before and after each treatment.

Using the Teeth Whitening Light

Insert your mouth trays with the gel in them. Place your lips over the clear plastic mouthpiece and turn on your light by pressing the white button. Remember your light is on a ten minute timer. For the first few uses, we recommend that you do a 30 minute treatment by pressing the white button three times. For follow up treatments you will probably only need to use your light for 10 or 20 minutes to until you achieve the desired results.

Battery Replacement

Twist battery cover counter clockwise until arrow on cover is aligned with the arrow on the light unit. .

Pull and remove cover, insert batteries +side up. Replace battery cover and turn clockwise until arrow on cover is aligned with the arrow on the light unit.

Remineralization Gel Application: (Contains calcium/phosphate and sodium fluoride)

The remineralisation gel is used after the bleaching process has been completed. Rinse out your trays before applying a very small bead of gel in the front and back of the trays. Let set in your mouth for 4-5 minutes. Remove trays and do not rinse mouth. Wash and rinse mouth trays thoroughly. It is recommended you remineralise just before going to bed for a thorough night-time remineralisation process .Remineralise once a week during the bleaching process and once a week thereafter for a healthy smile

Do Not Use If pregnant / nursing, or you have poor dental health, decayed teeth, exposed roots, gum disease, wear braces, had recent oral surgery, have colitis or jaw problems. .

The manufacturer and seller accept no responsibility for the usage of product. You should consult with a dentist before any at home treatments and understand that there are risks involved if not doing so. A small percentage of people may experience reversible tooth sensitivity and gum irritation which disappears when use ends or by decreasing the amount of time you bleach your teeth, or by increasing the amount of time between the bleaching sessions.

**THE MANUFACTURER AND SELLER ACCEPT NO RESPONSIBILITY FOR THE USAGE OF THIS PRODUCT.
WARNINGTHIS PRODUCT MUST NOT TO USED BY CHILDREN.**