

# PATIENT INSTRUCTIONS

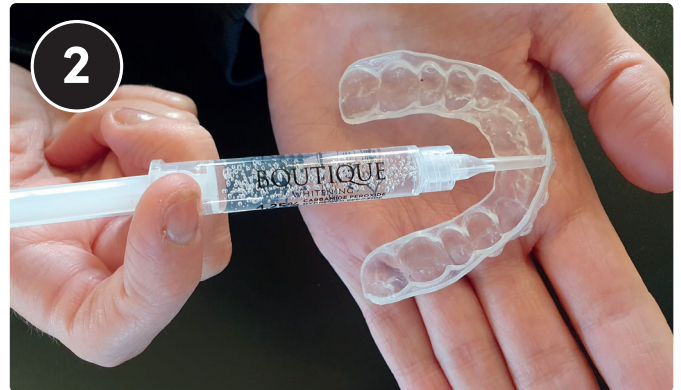
## HOW TO USE YOUR KIT AND TRAYS

- When not in use, keep your kit in the fridge, or in a cool, dark cupboard.
- Keep the syringes in the box, as exposing them to light will activate the gel.
- Do not expose the syringes to heat and light except when placing the gel in the trays

## INSTRUCTIONS FOR USE



**1**  
Brush and floss your teeth.



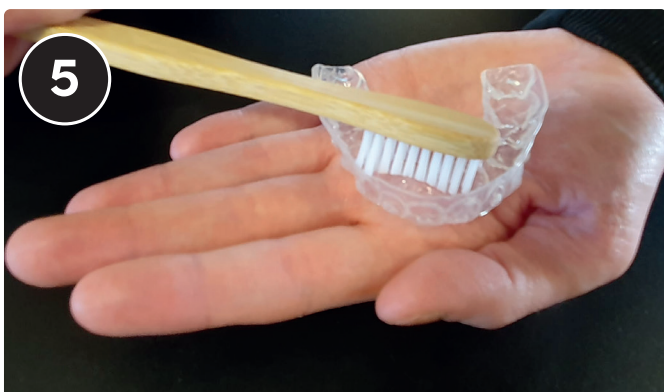
**2**  
If using Boutique trays, fill the dosing dots fully with gel.



**3**  
Fully dry your teeth. Place trays firmly in place. Gently prod each dosing dot to disperse gel.



**4**  
Remove any excess gel with a tissue or a soft dry brush.



**5**  
After use clean your whitening trays with cool water and soft toothbrush.



- 6% Hydrogen Peroxide: 1.5 hours per day.
- Boutique Hybrid Pro: 4 hours per day.
- 10% and 16% Carbamide Peroxide: Overnight.