

Patient Instructions



RECOMMENDED USAGE

- Avoid overfilling the tray. Remove any excess gel that oozes out to minimize potential gum irritation.
- Wear tray for 30 minutes once a day, or as instructed by your dentist.
- If you have any questions about your treatment, consult your dentist.

PROCEDURE FOR WEARING THE TRAY

STEP 1: Thoroughly brush your teeth with a fluoride toothpaste such as Colgate Total® toothpaste.

STEP 2: Place a small drop of Colgate Visible White™ in the tray, for each tooth that needs to be whitened (see guideline on right). Do not overfill.

STEP 3: Place the mouth tray with the gel into mouth and over teeth. Press gently against mouth tray with your fingers to put tray in place.

STEP 4: If gel oozes out as you place the tray, remove excess gel from gums with an absorbent material such as a cotton swab, making sure to remove all gel from your gums and gum line.

STEP 5: Wear tray for 30 minutes or as instructed by your dentist. When treatment has been completed, remove mouth tray. Brush your teeth with a wet toothbrush to remove any residual whitening gel.

GUM IRRITATION

Prolonged gel contact with gum or soft tissue may cause gum irritation. Potential irritation can be minimized by not allowing gel to stay on gum/lips:

- Upon placing trays, wipe excess gel with absorbent material such as cotton swab or cloth.
- Use less gel.



Actual Size
Guideline Only

TOOTH SENSITIVITY

Whitening treatments can cause tooth sensitivity among some patients. To minimize sensitivity:

- Your dentist may recommend a sensitive toothpaste to be used before or during the treatment period.
- Try whitening every second or third day.
- Avoid hot or cold beverages 30 minutes after treatment.

If you experience more than mild tooth sensitivity, discontinue treatment and consult your dentist. Sensitivity usually goes away in 1-3 days after treatment has been stopped.

FOR OPTIMUM WHITENING RESULTS

- Refrain from eating and drinking during, and for thirty minutes after treatment.
- Avoid tobacco as well as stain-causing beverages such as coffee, dark colas and red wine during treatment.

CLEANING AND STORAGE

- After treatment, rinse mouth tray under water, using a wet toothbrush to clean any adhered whitening gel from tray.
- Store mouth tray in the storage case (provided with the full kit). Keep in a cool, dry place.
- Store syringes at room temperature. Do not freeze. Avoid exposure to temperatures above 90° F.

PRECAUTIONS

- Do not use if pregnant or nursing.
- Use only under the supervision of a licensed dentist.
- Keep out of reach of children.
- Adult supervision is recommended for patients ages 12-18.



This product was purchased from your dentist.
If discomfort occurs, discontinue use
and consult your dentist.

For comments or questions,
call Consumer Affairs at
1-800-962-2345.

Product may be covered by one or more of the
following patents: 5,376,006, 5,725,843, 5,746,598,
5,759,037, 5,759,038, 6,086,855, 6,183,251, 5,851,512,
5,855,870, 6,306,370, 6,309,625, 6,368,576.

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