

## Home Whitening Process

1. Brush your teeth thoroughly and floss as normal. Rinse thoroughly.
2. **Sensitivity** - Use Evoseal desensitiser swabs as necessary.
  - a. Hold swab with coloured ring end up.
  - b. Snap the coloured ring tip gently to one side. The liquid will flow to the bottom of the cotton tip.
  - c. Apply saturated end to each sensitive tooth (avoiding the gums) with a gently rubbing motion and hold lip away from teeth to let the teeth air dry for 20 seconds.
  - d. Repeat application a couple more times if necessary.
3. Attach the tip to the syringe containing the **10% tooth whitening gel** (Week 1) and extrude a little of the contents of the syringe into the deepest part on the teeth to be bleached in a small blob for each tooth. A single graduation of the syringe will be sufficient for both arches.  
*SEE ILLUSTRATION ON THE TOP EDGE OF HOME KIT BOX.*
4. **TIP – To get the best results you should have a dry mouth before placing the bleaching trays in your mouth at night. To do this you should suck the saliva to the back of their mouth with their lips closed and then swallow 2-3 times.**
5. Seat the tray over the teeth and press down firmly pushing backwards for an excellent seal. While doing the treatment at home a small amount of excess gel escaping from the margin of the tray shows that you have the right amount of gel in the tray. If there is too much excess you are putting too much in. If this happens remove the excess gel with a cotton bud or finger.  
*DO NOT RINSE YOUR MOUTH WITH WATER TO REMOVE EXCESS GEL.*
6. The tray should be worn ALL NIGHT for seven nights.
7. In the morning remove the tray and wipe the residual gel from the teeth. Rinse mouth vigorously. Rinse out the tray under running cold water, agitating with a cotton bud. Store trays in the container provided. Make sure you don't squash or distort your trays or the treatment will not work.
8. For the next seven nights use the second 16% syringe. (Week 2).
9. Do not eat or drink while wearing the bleaching trays.
10. The whitening syringes should not be exposed to heat or sunlight.
11. Keep the unused syringes of bleach in your fridge.

## During the bleaching process

Continue to use Evolution Tooth Serum Toothpaste.

## In Surgery Visit

Please bring your trays as they are essential for this visit.

## After Treatment

Use Enlighten Evo-Whitening toothpaste to prolong whitening results.

## Maintenance – To maintain the shade we have achieved with Enlighten

Year 1 – One home application every two months

Year 2 – One home application every four months

Year 3 – One home application every six months

Maintenance does require the purchase of additional syringes - Year 1 only requires a single syringe.



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