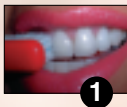




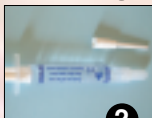
Use once a day for 5 days, 20–40 minutes per day.

This QuickWhite Home Kit contains whitening syringes (each two syringes contain 2–3 days applications for both upper and lower teeth), tips, one-size-fits-all soft trays, toothpick.

1 Brush and use toothpick to clean teeth before each daily application.



2 Take 1 syringe, hold it upright, remove the plastic cap from the syringe and replace with one of the tips (push and turn to lock in place).



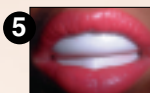
3 Take 1 one-size-fits-all soft tray or custom made tray and place some gel inside the front portions of the tray. If you are doing both upper and lower arches use



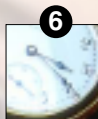
two trays. Press the syringe plunger gently to allow the gel to dispense properly. If you have small teeth then use a small amount of gel. Conversely, if you have large teeth use slightly more gel.

4 Place the tray(s) with the gel over the front side of your teeth, wiggle the trays over the teeth so the gel covers the teeth.

5 Close your lips over the tray(s) and gently close your teeth. Biting too hard may cause excess gel to ooze out of the trays and away from the teeth. Try to avoid swallowing the gel, you may spit out any excess.



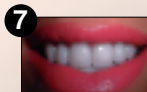
6 Remove the tray(s) after 20–40 minutes (you may wear them for up to 60 minutes) and rinse to re-use. Do not wear while sleeping.



7 Brush and/or rinse remaining gel away from your teeth and gums.

Dentists recommend the use of medical grade peroxide-containing products for teeth whitening. you can expect 2-3 shades

difference in just 5 days. Your results may vary due to the nature of the teeth discolouration. An additional 5-10 days may be necessary to help you achieve the results you desire.



You can keep your smile beautiful and white indefinitely by periodically re-whitening your teeth with QuickWhite In-Surgery and/or QuickWhite Home Kit.

Do & Don't

- Do store in a cool dry place, keep away from heat and direct sunlight. Exposing to more than 15°C temperatures may render this product ineffective.
- Do keep away from children.
- Do try to minimise consumption of tobacco, coffee, cola, red wine, curries, staining green vegetables like broccoli and any other staining food or drink for a minimum period of 12 hours following the treatment.
- Do continue good oral hygiene – flossing, brushing and mouth rinsing with any good mouth rinse.
- Do avoid citrus food and drink if they cause tooth sensitivity during treatment.
- Don't wear the trays longer than 40 minutes as this can cause sensitivity. If not, you may wear them for a maximum of 60 minutes.
- Don't use while pregnant or lactating.
- Don't use on children under 14 years old.
- Don't use if you have dental decay, abscess or gum disease.

Beware

- If gel comes into contact with eyes or hands, wash immediately with plenty of water.
- Whitening material containing peroxide will not whiten any white fillings, crowns or veneers. They may only look cleaner.
- You may see the gel bubbling within the tray(s) while wearing them. This is normal, it is part of the whitening process.
- The tooth area closest to the gum may take longer to whiten than the area close to the biting edge. It will also remain the darkest area of your tooth.
- Some people experience some sensitivity to cold and hot drinks and white specks (blemishes) may appear on the gum line, others do not. Do not be alarmed as this will go away within a day or two once you finish the treatment.
- Once you have finished the treatment, your teeth may be slightly whiter afterwards. The final colour will be achieved about one week after finishing the 5 day treatment.
- Whitened teeth will always be lighter than they were and some people will never need to repeat the treatment. Others might need to repeat the process for a day or two.