



**READ ALL INSTRUCTIONS BEFORE BEGINNING. REFRIGERATE GEL WHEN NOT IN USE AND BRING TO ROOM TEMPERATURE BEFORE USING.** Avoid staining foods/beverages during the entire length of your whitening treatment. If you must consume these, it is recommended to do so through a straw. Use the remineralizing (blue) gel after your treatment is complete, however you can use the remineralizing gel during treatment if you experience tooth sensitivity by applying a small dab directly to the sensitive tooth.

**1. cheek retractor** Insert the cheek retractor into your mouth as shown in the images to the right. The **large flanges go inside your mouth while the small ones go outside your mouth.** You must open your mouth wide and keep the cheek retractor in a vertical position as you press the side of the retractor against the side of your mouth. Once the first side has been properly inserted, bend the retractor slightly until you are able to insert the other side of the retractor. If your teeth are biting down on the actual retractor (which would keep you from being able to bring your upper and lower teeth together) pull the cheek retractor slightly forward so that your teeth can come down and touch each other.



**2. gel** Use the whitening pen (clear gel) to paint a thin layer of whitening gel onto the surface of your teeth. The first time you use it, you will need to turn the handle of the pen several times before the gel starts extruding through the brush until you get a bead of gel on the brush. One bead of gel is enough to cover 4–5 teeth. You want to deposit the gel on the tooth as opposed to brushing it repeatedly. After depositing the bead of gel on the first tooth, use the brush to even out the gel on that tooth. Then use the brush to carry the rest of the gel from that tooth to the tooth next to it, and do this for a total of 4–5 teeth. You will then need to turn the handle of the pen a few times to extract more gel, and you repeat this process until you have a thin coat of gel on all the visible teeth. Apply the gel all the way to the gumline of the tooth, but avoid getting any gel on the actual gums. Be sure to avoid your lips because the gel will cause significant irritation. If you do touch your lips with the gel, be sure to wipe it off immediately with a clean tissue or washcloth. Also remove any excess gel from your gums.

**3. light** The LED tray has 4 different connectors: USB, Micro-USB, Lightning (Apple®), and USB-C\* (most newer non-iPhones). Choose the one that fits your power source.

An OTG adapter (ships with Galaxy 9+ and Galaxy 10+ and perhaps others) is needed for some Android phones that have USB-C, and it should be plugged into the phone when you want to use it to power your LED tray. USB OTG settings usually need to be changed for phones with USB-C that do not automatically turn on the LED tray:

(i) Settings > About Phone > Software Information and then tap Build Number seven times. If presented, enter the current PIN, password, or pattern. Ensure that the Developer Options switch (upper-right) is turned on. After this, return to Settings and then proceed to next step (ii).

(ii) Settings > Developer Options > USB Configuration > MTP

\*If you can't get your USB-C-powered phone to turn on the LEDs, we recommend that you plug the USB connector to a power bank or to a computer to turn them on.

Once the LEDs are lit up in the tray, place it in your mouth and lightly bite down on the tray so that the gel on your teeth is exposed to the blue light. After biting down on the tray, REMOVE the cheek retractor, and make sure your lips close around the tray.

**4. whiten** Whiten for 30–60 minutes. Unplug your LED

Mouth Tray from your power source once you have finished.

**5. rinse** Rinse your mouth with water. Also rinse the tray with water to remove gel and saliva, making sure you don't get the end of the cables wet. Allow the tray to dry naturally. Don't eat/drink anything except water for one hour. Repeat steps 1–5, once a day, over the course of 7–14 consecutive days.

**6. desensitize** If you experience tooth sensitivity during the whitening process, the remineralizing (blue) gel can be used to alleviate it. Begin by inserting the cheek retractor into your mouth and applying the blue gel the same way you have done with the whitening gel. Leave the cheek retractor on and keep the gel on your teeth for 10 minutes; rinse when you are done. If you prefer, you can wear the tray over the remineralizing gel and remove the cheek retractor. You can go back to whitening the next day.

**7. remineralize** Once you've reached your desired whitening results (5–10 whitening sessions) you may use the remineralizing gel to replenish minerals lost during the whitening process and to strengthen your enamel. Follow the instructions in step 6, above.

**WARNING: USE ONLY UNDER THE SUPERVISION OF A DENTIST. NOT RECOMMENDED FOR CHILDREN UNDER 12 YEARS OLD. AVOID CONTACT WITH EYES AND SKIN. IF CONTACT OCCURS, WIPE GEL OFF AND RINSE WITH WATER. CONSULT YOUR ORAL HEALTH PROFESSIONAL BEFORE PROLONGED USE. DO NOT USE IF PREGNANT OR LACTATING OR HAVE GUM DISEASE OR OTHER DENTAL CONDITIONS. DO NOT SWALLOW. IF IRRITATION (SUCH AS REDNESS, SWELLING, SORENESS) OF GUMS OR MOUTH OCCURS, DISCONTINUE USE AND CONSULT AN ORAL HEALTH PROFESSIONAL. DISCONTINUE USE IF YOU FEEL A SHARP PAIN IN A TOOTH THAT LASTS MORE THAN A FEW SECONDS, AND CONSULT WITH YOUR DENTIST IMMEDIATELY. DO NOT SUBMERGE LED TRAY IN WATER WHILE PLUGGED INTO A POWER SOURCE. CLEAN LED TRAY BY RINSING WITH WATER. DO NOT USE LED TRAY FOR LONGER THAN 60 MINUTES AT A TIME. UNPLUG LED TRAY FROM POWER SOURCE WHEN NOT IN USE. STORE LED TRAY IN A CLEAN, DRY PLACE.**

INGREDIENTS: WHITENING GEL: PROPYLENE GLYCOL, GLYCERIN, HYDROGEN PEROXIDE, UREA PEROXIDE, CARBOMER, TRIETHANOLAMINE, FLAVOR, MENTHOL, DISODIUM EDTA. REMINERALIZING GEL: GLYCERIN, AQUA, POTASSIUM NITRATE, CARBOMER, SODIUM HYDROXIDE, TRICALCIUM PHOSPHATE, SODIUM SACCHARIN, SODIUM BENZOATE, FLAVOR, CI 42090.

**MANUFACTURED BY:**  
Beaming White, LLC.  
1205 NE 95th St  
Vancouver, WA 98665 USA

