

Harbour City

DENTAL HYGIENE

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Keep Your Smile Awhile!

REV 15 Minute Whitening

3 Keys to Success:

1. Use pin-head sized drop of gel for each tooth in a custom tray made to fit tight (no block-out). Use of excess gel will increase likelihood of irritating the gums and generally cause waste, but will NOT increase whitening. Trays should be trimmed 1-2 mm short of the gingiva.
2. Use for only 15 minutes, once per day ONLY.
3. Use 2 capfuls of rinse for 30 seconds immediately upon removing trays. Rinse must interact with gel on teeth, therefore, do not rinse with water or brush teeth. Rinse increases whitening and decreases sensitivity.