



1. Floss teeth and then brush gently.
2. Place a thin line of whitening gel into your custom-designed whitening trays. Try to avoid dispensing an excessive amount into the tray. (If you are sensitive to peroxide, before inserting the trays, apply a thin amount of petroleum jelly to the gums adjacent to the teeth that will be whitened.)
3. Insert the whitening trays and allow any excess material to extrude. Wipe away excess.
4. **For 16% formulation**, the recommended bleaching regimen is 1 treatment per day for 4–8 hours for 14 days or until desired results are achieved.
For 22% formulation, the recommended bleaching regimen is 1–2 treatments per day for 1–2 hours for 14 days, or until desired results are achieved.
For 32% formulation, the recommended bleaching regimen is 1–2 treatments per day for 10–15 minutes for 14 days, or until desired results are achieved.
5. Clean mouthguard thoroughly after each use and then brush your teeth again.
6. Rinse with an alcohol-free mouthwash.
7. When you are ready for refills, contact your dental professional for additional LumiSmile White Take-Home whitening gel.

Warnings: Keep out of the reach of children. Not for injection. If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult a dentist. Products containing peroxides are not recommended for use by children under 12 years of age. Use of product for periods of longer than 14 days is to be only under the supervision of a dentist. Avoid swallowing and avoid contact of the product with the eye.

Avoid direct contact of the active surface of the tooth whitening product with the gums and/or salivary flow.

Storage: Store at or below 75° F (23° C). Do not freeze

Contact your dental professional for LumiSmile™ White Professional Take-Home Whitening Gel refills.

