



## CONGRATULATIONS ON YOUR WHITER, BRIGHTER SMILE!

Whitening success is all about maintenance. Your in-office Sm;)e Perfected procedure will last a long time but will eventually begin to fade back to the original color if not maintained.

Your dental office has given you a take home product that will help keep your teeth white. Your Sm;)e Perfected Whitening Pen, used in conjunction with the tray, will maintain your color.

### TAKE HOME INSTRUCTIONS

1. Brush your teeth to remove any debris.
2. Apply a thin layer of the Sm;)e Perfected Whitening gel directly from the pen to your front six or eight teeth (both top and bottom). You **DO NOT** need to apply gel to the inside of your front teeth.
3. After the gel is applied, insert and wear the tray for twenty minutes.
4. After twenty minutes, remove the tray and rinse your mouth with water until all of the gel is removed from your teeth. Rinse and dry the tray for future use.

There is enough gel in the pen to do approximately 30 applications. Sm;)e Perfected recommends that you repeat the above procedure every 3 days.

For the first 24 hours after your Sm;)e Perfected in-office whitening, please avoid any foods or beverages that would stain your teeth. Some examples would be red wine, blueberries, tomato sauce, etc...

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