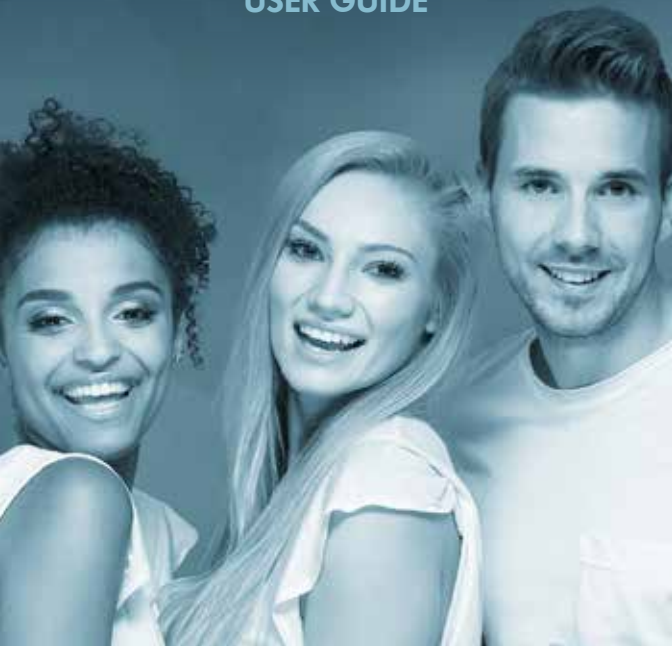




# Teeth Whitening Kit

USER GUIDE





The Park Dental Aligners teeth whitening kit uses special blue LED technology combined with a professional strength whitening gel to effectively remove stains from your teeth.

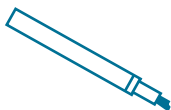
The soft mouthpiece is designed for comfort and ease of use during the teeth whitening process. When inserted, the mouthpiece should completely cover your teeth.



**PLEASE READ THROUGH THESE  
INSTRUCTIONS CAREFULLY BEFORE  
STARTING YOUR TREATMENT!**

# QUICK STEPS WHITENING INSTRUCTIONS

**1.** Rinse mouth with water.



**2.** Apply the whitening gel to the front of your teeth. (upper & lower)

**3.** Insert LED light mouthpiece.



**4.** Turn on LED light. Use for 16 minutes.

**5.** Rinse mouth with water.



**6.** Rinse mouthpiece.

# STEP BY STEP GUIDE

## WHITENING INSTRUCTIONS

1

Make sure to fully charge the LED mouthpiece before use.



2

Rinse the mouthpiece and your mouth before and after each use.



3

Look in the mirror or use your cell phone to compare your teeth with the shade guide and make note of your current shade.



4

Twist the whitening gel pen until the gel flows to the brush.



5

Apply the gel evenly onto your teeth, both upper and lower. Do not brush on too much gel. More gel will not give you faster or better results.



Avoid applying the gel directly onto your gums or the inside of your lips as this may cause a tingling feeling. If this happens, do not worry, the tingling feeling will go away within a few hours.

6

Take a few deep breaths before treatment to slow saliva production. (Excessive saliva can dilute the gel and decrease effectiveness)

- 7** Insert the mouthpiece into your mouth and bite down gently, then push the power button to activate the blue LED light.



- 8** The LED mouthpiece will turn off automatically after 16 minutes. Take it out, rinse the mouthpiece and your mouth with water, and compare your teeth with the shade guide again to see how many shades brighter your smile is.



9

Do not eat or drink anything except water for 30 minutes after finishing each whitening treatment.



## TEETH WHITENING TIPS

1. It takes 2 hours to fully charge the LED light unit.
2. While charging, the LED lights will flash continuously.  
  
Once charged, the LED lights will stay on for awhile and then turn off.
3. With a full charge, the LED mouthpiece can be used about 15 times.
4. Press button once to turn the blue LED light on.
5. LED light will turn off automatically after 16 minutes. (Press power button to turn off manually)
6. If you are using Park Dental Aligners, you can apply the whitening gel to the inside of your aligner. The LED light will not harm the aligner material. Use caution to avoid getting the whitening gel on your gums. After the 16 minute whitening treatment, rinse your aligners in lukewarm water before returning to your mouth.

## FOR BEST RESULTS:

1. Apply gel evenly to the surface of your teeth.
2. Excessive saliva will dilute the effectiveness of the gel.
3. Everyone's teeth are different, some people may feel a slight sensitivity, which is normal. If your sensitivity is severe, please reduce the frequency of use or stop using completely and consult your dentist.
4. Avoid applying teeth whitening gel to the gum area - wipe off any excess.
5. If the whitening gel gets on your skin or clothes, you should wash it off immediately to avoid staining or bleaching.
6. Replace the cap on the whitening gel pen after each use.
7. Keep out of reach of children.



8. Not suitable for crowns and dentures.
9. Not suitable for treating tooth discoloration caused by other medical conditions.
10. Please consult a dentist or dental professional before use if you have any medical conditions that may cause tooth discoloration.
11. Not suitable for children under 12 years of age or pregnant women.

**Ingredients:**

Carbamide Peroxide, Glycerol, Propylene Glycol, Deionized Water, Carbomer, Carboxymethyl, Triethanolamine, Poly Vinylpyrrolidone, Menthol.

**Storage:**

Avoid direct sunlight and store in a cool, dry place.

**Shelf Life:**

Dispose of any unused whitening gel after 12 months.



*A beautiful smile you can trust*

