

How to use your **Enlighten** kit

1. Start by brushing your teeth and rinsing thoroughly.
2. You can use the Evo Seal swabs at this stage (if you think you need them). Break the end here the green line is and the liquid will flow to the other end. Take the swab and rub it on your tooth starting from the part that is closest to your gum. Be sure to allow it to evaporate once used whilst holding your lips away from your teeth.

Do this for the first 3 nights and then only if you need it after.

3. Remove the cap from the 10% syringe (the clear one) and attach the nozzle.
4. Squeeze a small amount of gel (pea size) into each of the tooth compartments.
5. Put the trays in your mouth and push backwards for excellent seal (at this point some excess gel will escape but that's normal).
6. Wipe the excess gel with a tissue and keep your trays on ALL NIGHT for 7 consecutive nights.
7. Remove your trays each morning and wash them gently with cold water only. Be careful not to bend your trays and only keep them in the case provided. When placing them, make sure that they fit in perfectly to keep them from getting squashed or deforming.
8. In week 2 you can start using the 16% syringe (the green one). Do everything the same way as before for the next 7 nights.
9. Say hello to your forever bright smile 😊

Oh, and one last thing.

Whenever you feel like your smile could use a little brightening, get yourself some top-up gels via your dentist.

We usually recommend the following:

- In your first year, top up once overnight every 2 months
- In your second year, top up overnight once every 3 months
- In your third year, top up once every 6 months at night

With love and smiles