

## SAFETY WARNINGS (READ BEFORE WHITENING)

The higher the percentage of peroxide used to whiten your teeth; the greater the chance that you may experience teeth sensitivity and gum irritation. Teeth whitening gel will only whiten natural teeth. It will not whiten fillings, veneers, caps, crowns or dentures. **DO NOT USE** this product if you are wearing dental braces. Avoid ingestion and contact with eyes, skin and clothing. If contact occurs, wipe the gel off and rinse with water. Keep out of the reach of children. **DO NOT USE** this product if pregnant, lactating, under the age of 12 or if teeth and gums are not healthy. **DO NOT USE** this product if allergic to any of the ingredients. If irritation occurs, discontinue use and consult a dentist. If you have any concerns, consult your dentist prior to use.

It is advisable that you visit your dentist for a checkup prior to using Revive Teeth Whitening Products.

## INSTRUCTIONS FOR USING REVIVE™

### **Making Your Mouth Trays:**

(Using this method for both the upper and bottom trays)

- 1.) Fill a pan with 4" to 5" of water and heat to boiling.
- 2.) Remove the pan from the heat source. Holding the tray by the tab, dip the tray into the water for 8-10 seconds. **WARNING:** Allow water to cool for a few moments before dipping tray. The tray becomes very flexible at this point and can collapse if water is too hot.
- 3.) Remove the tray from the water. Wait three seconds and insert the tray into your mouth. **WARNING:** Be sure the tray is not too hot for your mouth. Test with finger. Gently bite down, and suck the air out of the tray until the tray fits tightly around your teeth. Press with tongue, lips and fingers to form tray around teeth.
- 4.) Wait 15-30 seconds to allow tray to cool and then remove.
- 5.) Rinse the tray and trim away the tab. For a better fit, you may also trim the upper edges of the tray to more closely match the contour of your gum line (this especially helps for those with smaller mouths).

Please note: Adult supervision is recommended when used by persons under the age of 18.

If you ruin your mouth trays, don't panic. Go to [www.revivewhitening.com](http://www.revivewhitening.com) where you can purchase the trays separately and try again.

### **Using Revive™ Gel**

(Brushing and flossing before use is recommended)

- 1.) Make sure that the trays are clean and dry before applying whitening gel. Dispense a small drop of gel into your tray along the area that will contact the front surface your teeth. Do not use too much gel as this will cause it to express onto your gums and could cause gum irritation. Repeat with second tray. Recap the syringe.
- 2.) Place the tray into your mouth and seat it by gently pressing the tray into place. Wipe away any excess gel from your gums.
- 3.) Wear the tray for 15-30 minutes according to strength of gel. Do not eat, drink or smoke while the tray is in place. Every set of teeth is different, and you may notice some sensitivity. Our gel is especially formulated for minimum sensitivity, however any tingling can mean you have used too much gel and the gel is on your gums. Use less gel on your next bleaching. If you experience no sensitivity, increase bleaching session for up to 1 hour once or twice a day for Gentle and Advance strengths. If using Professional strength, increase bleaching session to 20 minutes once or twice a day.
- 4.) After each bleaching session, remove the trays and rinse with cool water. Brush any remaining gel away from your teeth.

### **Storage:**

- Keep trays in the storage case.
- Be sure to keep Revive™ gel in a cool place. Revive™ may be refrigerated but do not freeze.
- Avoid leaving Revive™ gel in direct sunlight in temperatures above 80 degrees F. This may degrade the active ingredient. Exposure to elevated temperatures may cause gel to liquefy and will not be suitable for use. Be sure to recap gel dispensers after each use.

### **Clean up and Safety**

- Keep this product out of reach of children.
- If gel contacts clothing, rinse with lukewarm water.
- Swallowing gel may cause upset stomach. If a child swallows a large amount, consult a physician.

**Discontinue use if you feel a sharp pain in a tooth and consult your dentist immediately.**

### **IMPORTANT:**

During the entire length of your whitening treatments, you should avoid beverages that stain as much as possible, including tea, coffee, red wine and colored soft drinks. If you must consume these, it is recommended to do so through a straw.