



1

Brush teeth. If you are using a regular whitening tray, load the tray by placing a small bead on the front surface of the tray, halfway up the tooth surface.



2

If you are using an Ultra-seal Tray from Boutique Whitening (with the dosing dots on each tooth) then please fill each dosing dot with gel and no more.



3

Place whitening trays over the teeth and press firmly in to place. Gently push on the front surface of each tooth to disperse the gel.



4

Remove any excess gel that may seep out of the edge of the tray with a tissue or soft toothbrush. Gently rinse with water but do not swallow.



5

Recommended wear time is 1.5 hours per day for 6% Hydrogen Peroxide, 4 hours per day for Boutique Hybrid Pro and overnight for 10% and 16% Carbamide Peroxide.



6

After whitening brush teeth. Clean your whitening trays with cool water and a soft toothbrush.