

Patient Instructions

**30%
Applicator
Delivered**

Carbamide Peroxide



Life-Like Cosmetic Solutions®
Santa Barbara, CA
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Instructions



- 1) Twist the top of the seal-syringe applicator to align the tip with the black O-ring.
- 2) Extrude a small drop of the Life-Like gel into each tooth indentation of your mouth tray. See photo at right. You need just **1/4 cc** of material to properly load the tray. If the material is too difficult to get out of the applicator, trim back the tip with scissors.
- 3) Place the tray in your mouth. Using 1/4 cc should leave no significant excess material.
- 4) Wear the tray for two treatments per day each from 20 to 30 minutes, as prescribed by your dentist.

5) Rinse or brush out your tray to remove excess material after each treatment.

6) Repeat this procedure for 7 to 10 days. Monitor your results until you have achieved the whiteness you want.

Note: Refrigerate material when not in use.

Suggestions: Refrain from eating, drinking, or smoking for 30 minutes after wearing the gel. Also avoid citrus to minimize possible discomfort.

If sensitivity should occur, wait 24 hours before resuming treatments. If sensitivity persists, call your dentist.

**Happy
Whitening!**

1/4 cc
per
treatment

