

## User Instructions for Carbamide/Hydrogen peroxide

1. Brush your teeth using toothbrush and toothpaste.
2. Use custom fit trays or use QW trays following instructions.
3. Take off the syringe cap. Push the plunger slowly to squeeze a bead of gel into the inside front portion of the tray. Each tray only needs about 0.5cc gel (approx. 1/6th of syringe)
4. Place the tray with gel onto teeth to make a good fit. Wipe off any excess gel outside of the tray.
5. Use for 1 - 2 Weeks:

For Carbamide Peroxide syringes:

- 10% use for 6-8 hours/overnight.
- 16% use for 2-4 hours each day.
- 22% use for 1-2 hours each day.
- 30% use for 30 mins-1 hour each day.

For Hydrogen Peroxide syringes:

- 6% use for 1-2 hours each day.
- 12% use for 30mins-1 hour each day.

You may wear the trays for longer periods if you wish to achieve further results, providing you do not have any sensitivity.

Do not eat or drink during the process.

6. After removing the trays, use your toothbrush to remove the gel from the trays and teeth. Rinse the trays with water and store the trays in the tray box provided.