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HOW TO WHITEN YOUR TEETH AT HOME ?

- Brush and floss your teeth before applying a whitening treatment. The gel is more effective on clean teeth.
- Fill the gutter with the equivalent of one grain of rice of gel per tooth.
- Position the gutter correctly and wipe off any excess product.
- Wear the gutter for an hour or two or even three hours (according to your possibilities and/or tolerance).
- When you remove the gutter, brush and floss your teeth.
- Rinse the gutter in cold water.
- Reduce the application time or stop the treatment if you feel sensitivity. In case of severe sensitivity, call the dentist as soon as possible.
- Avoid the following foods as much as possible : tea, coffee, red wine, red berries, carrots, nicotine…
- Keep the gel in the fridge.
- When the desired result is achieved, put some *Toothmousse* inside the gutter and wear it for one hour per day (7 to 10 days).