

ENLIGHTEN®

# How to use your Enlighten kit

Hi 🙌

Welcome to the Enlighten club. 🥳

We know how exciting this journey can be. And we know how easy it is to forget the 'how to's' in the buzz of things.

So we gathered the instructions for you below.

Follow them to get the best out of your Enlighten kit. **And remember, smiling is contagious.**



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Start by **brushing your teeth** and rinsing thoroughly.

02

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You can use the **EvoSeal** swabs at this stage (if you think you need them).

Break the end where the green line is and the liquid will flow to the other end. Take the swab and rub it on your tooth starting from the part that is closest to your gum. Be sure to allow it to evaporate once used whilst holding your lips away from your teeth.

Do this for the first **3 nights** and then only if you need it after.



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Remove the cap from the **10% syringe** (the clear one) and attach the nozzle.



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Squeeze a small amount of gel (pea size) into each of the tooth compartments.



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Put the trays in your mouth and push backwards for excellent seal (at this point some excess gel will escape but that's normal).

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Wipe the excess gel with a tissue and keep your trays on **ALL NIGHT for 7 consecutive nights.**





07

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Remove your trays each morning and wash them gently with **cold water only**. Be careful not to bend your trays and only keep them in the case provided.

When placing them, make sure that they fit in perfectly to keep them from getting squashed or deforming.

08

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In week 2 you can start using the 16% syringe (the green one). Do everything the same way as before for the next 7 nights.



Say hello to your **forever** bright smile. 🥰



Oh, and one last thing. Whenever you feel like your smile could use a little brightening get yourself some **top-up gels via your dentist**. We usually recommend the following:

- In your first year, top up once over night every 2 months
- In your second year, top up over night once every 3 months
- In your third year, top up once every 6 months at night

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With love and  
smiles,

The folks at [Enlighten](#).

