

Divine White SmartPhone Whitening Kit Instructions

Please read ALL instructions and warnings before beginning.

www.DivineTeethWhitening.com

Step 1 - Insert Cheek Retractor

Insert the cheek retractor into your mouth as shown in the images below. Please note that the large flanges go inside your mouth while the small ones go outside your mouth. You must open your mouth wide and keep the cheek retractor in a vertical position as you press the side of the retractor against the side of your mouth. Once the first side has been properly inserted, bend the retractor slightly until you are able to insert the other side of the retractor. If your teeth are biting down on the actual retractor (which would keep you from being able to bring your upper and lower teeth together) pull the cheek retractor slightly forward so that your teeth can come down and touch each other.



Step 2 - Apply Teeth Whitening Gel

Use the whitening pen (clear gel) to paint a thin layer of whitening gel onto the surface of your teeth. The first time you use it, you will need to turn the handle of the pen several times before the gel starts extruding through the brush until you get a bead of gel on the brush. One bead of gel is enough to cover 4-5 teeth. You want to deposit the gel on the tooth as opposed to brushing it repeatedly. After depositing the bead of gel on the first tooth, use the brush to even out the gel on that tooth. Then use the brush to carry the rest of the gel from that tooth to the tooth next to it and do this for a total of 4-5 teeth. You will then need to turn the handle of the pen a few times to extract more gel, and you repeat

this process till you have a thin coat of gel on all the visible teeth. Apply the gel all the way to the gumline of the tooth but avoid getting any gel on the actual gums. Avoid your lips because the gel will cause significant irritation. If gel touches your lips, wipe off immediately with a clean tissue or washcloth. Also remove any excess gel from your gums.

Step 3 - Turn On Light

The LED tray has 4 different connectors: USB, Micro-USB, Lightning, and USB-C*. Choose the one that fits your power source. Plug in the cable from the LED Mouth Tray into the 3-Way Power Cable, and then plug in the other end of the 3-way cable into your desired power source. The LED lights from your mouth tray will emit blue light when your tray has been successfully powered.

If the LEDs don't light up, follow these steps:

An OTG adapter (ships with Galaxy 9+ and Galaxy 10+ and perhaps others) is needed for some Android phones that have USB-C, and it should be plugged into the phone when you want to use it to power your LED tray. USB OTG settings usually need to be changed for phones with USB-C that do not automatically turn on the LED tray:

(i) Settings > About Phone > Software Information and then tap Build Number seven times. If presented, enter the current PIN, password, or pattern. Ensure that the Developer Options switch (upper-right) is turned on. After this, return to Settings and then proceed to the next step.

*If you can't get your USB-C-powered phone to turn on the LEDs, we recommend that you plug the USB connector to a power bank or to a computer to turn them on.

Once the LEDs are lit up in the tray, place it in your mouth and lightly bite down on the tray so that the gel on your teeth is exposed to the blue light. After biting down on the tray, REMOVE the cheek retractor, and make sure your lips close around the tray.

Step 4 - Whiten

Place the lit LED Mouth Tray into your mouth and lightly bite down on the tray so that the gel on your teeth is exposed to the blue light. ***After biting down on the tray, REMOVE the cheek retractor, and make sure your lips close around the tray.*** Whiten for 30–60 minutes. You can swallow the gel and saliva during the process.

Step 5 - Turn Off Light

Unplug your LED Mouth Tray from your power source once you are finished whitening. Rinse your mouth with water. Also rinse the tray with water to remove gel and saliva, making sure you don't get the end of the cable wet. Allow the tray to dry naturally.

Step 6 - Repeat

Repeat steps 1 through 5 once a day for 5–10 days.

Step 7 - Remineralize and Desensitize

Once you've reached your desired whitening results (5–10 whitening sessions) you may use the remineralizing (blue) gel to replenish minerals lost during the whitening process and to strengthen your enamel. If you experience tooth sensitivity during the whitening process, you can apply the remineralizing gel. To apply the gel, insert the cheek retractor into your mouth and apply the blue gel the same way you have done with the whitening gel. Leave the cheek retractor on and keep the gel on your teeth for 15 minutes, and rinse when you are done. You do NOT need to use the tray with the remineralizing gel.