

Enlighten[®]

STORAGE

Once you receive the kit, remove the bubble envelope which contains the gels and store it in the fridge at all times. The gels are the only thing that must be refrigerated and this will save space in the fridge.

ENLIGHTEN SERUM

Standard practice is to use the Enlighten Serum for two weeks before starting the whitening treatment, in the morning and evening to minimise sensitivity. It has all the properties of a regular toothpaste all while desensitising too.



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HIGH SENSITIVITY

Use Enlighten's Comfort desensitising pen every morning after removing your whitening trays and brushing your teeth with the Enlighten Serum to alleviate any potential sensitivity. In the unlucky and unlikely case that you still experience high sensitivity, use the Enlighten Serum in the trays for **1 hour** just as you do with the whitening, but at a different time than whitening, leaving sufficient time between the two. Should none of the above work, contact your dentist and discuss switching to a lower concentration gel instead.

MORE INSTRUCTIONS

For more information, scan the QR code on the back of the kit. Instructions are also provided on the packaging. If you have any questions, feel free to ask us or consult your dentist. Additional resources are available on our Instagram and YouTube channels.



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EXTRA TIPS

Generally a lentil size amount of gel per tooth should suffice, but it depends on the size of your teeth. You should have a little excess when you put the trays in and you should wipe it off with a tissue. It's best to start filling the trays from the front central teeth and work your way back.

TOP-UP REGIME

After the 3-week treatment, keep the attachments for 6 months and ideally use a [Week 2 syringe \(16% CP\)](#) to top-up [once/month](#). You can opt to top-up with the Week 3 syringe (6% HP) during the day instead. Then, remove the attachments and continue to whiten one night every 2 months or as needed. The longer you maintain this, the less often you will need to whiten.