

# REVEAL YOUR WHITER SMILE



## applying crest whitestrips

For best experience, do not brush immediately before applying strips.

- 1) Find zig zag slit at end of strip. Use slit to separate strip from liner.
- 2) Place gel side of each strip on front teeth. Align with gumline and press gently for good contact.
- 3) Fold the rest of each strip behind teeth to keep in place.
- 4) Wear them for the recommended length of time.

## tooth sensitivity

Temporary tooth sensitivity may develop when using Crest Whitestrips. This is common with tooth whitening products containing peroxide and is not harmful.

- If significant tooth sensitivity develops, stop using Crest Whitestrips for a few days then use once per day.
- If significant tooth sensitivity develops again, stop using Crest Whitestrips.

## discomfort

If you experience gum discomfort :

- Not brushing immediately before applying strips.
- Using a soft bristled toothbrush.
- Using a mild toothpaste like Vivid White from Crest.
- Brushing only two times per day while whitening.
- If significant gum discomfort develops, stop for 2-3 days, then use once per day.
- If significant gum discomfort develops again Just stop.

## crest whitestrips only whiten natural teeth

- The strips will **NOT** whiten caps, crowns, veneers, fillings or dentures.
- If you have any dental work on your teeth, there may be noticeable color differences between the dental work and your whiter teeth. Consult your dentist prior to use.
- Crest Whitestrips has not been observed to harm standard dental restorative materials.

## cautions

- **Do not swallow plastic strip.**
- **Eye contact:** Avoid eye contact. Rinse eyes thoroughly with water if gel comes in contact with them.
- **Skin contact:** Gel that comes into contact with the skin can cause temporary skin irritation and/or whitening. Wash hands with soap and water after applying the strips.
- **Keep out of reach of children.**
- This product is not intended for use by under 18s.
- Do not eat, drink, smoke or sleep while wearing a strip.
- Avoid contact of gel with cloth, leather, or fabric.

