

RISIO[®]

professional whitening · low sensitivity

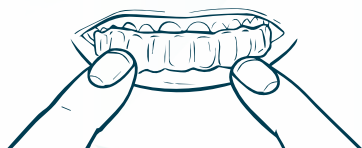
1. Brush your teeth, then apply a small layer of sensitivity relief serum by twisting the base of the pen and applying over the front of your teeth. Leave for 10 minutes and then remove with a dry wipe.



2. Add a small drop of whitening gel to the inside front surface of each tooth shape in your personal whitening tray. You won't need much!



3. Place the whitening trays over your teeth ensuring a firm fit, gently pushing on the surface at the front of each tooth. Wipe away any excess gel.



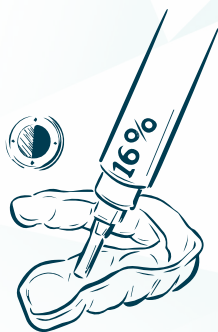
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4. On day 1, use your **6%** HP gel. After 1 hour, remove the trays and rinse them and your teeth. Brush away any remaining gel from your teeth.



5. On days 2 to 13, use your **16%** CP gel, ideally overnight. If used during the day, leave for between 6 and 12 hours. When removing the trays, rinse them thoroughly and brush away any remaining gel from your teeth.



6. On your last day, return to the **6%** HP gel and use it for one hour. Remove and rinse. Smile and enjoy your RISIO white teeth.

