

# PopShine

## Wireless Teeth Whitening Kit

### How To Use

1. Before you get started, make sure your PopShine LED light mouthpiece is fully charged. The LED light will flash when charging and stop when it is fully charged and ready to use.
2. With your PopShine toothbrush, brush your teeth to remove food and plaque.
3. With your tooth color shade guide, determine which color your teeth most represents and write the date next to the color.
4. The first time using one of the whitening solution pens, twist the bottom of the pen slowly several times. Twist until you see the solution appear at the tip of the brush. Brush the whitening solution on the teeth that appear in your smile line. We recommend brushing one drop of the whitening solution on 2-3 teeth. Brush circularly from the base of the gumline to the edge of the tooth. Twist the bottom of the pen again and repeat the process. Try to avoid getting the whitening solution on the gums.
5. Once you have brushed the whitening solution on all the teeth in your smile line, place the LED light in your mouth, gently close down on the mouthpiece and turn on to either the blue light mode (15 minute timer) or red/blue light mode (10 minute timer). After research, we found doing 2 sessions of the blue light mode (15 minute) provides quicker results.
6. After your 1st session, remove the LED light, spit your saliva out and reapply the whitening solution as you did in step 4. Then repeat step 5 for another 15 minutes.
7. After you finished your 2nd session, remove the LED light mouthpiece, rinse your teeth thoroughly with water or gently brush with water.

**Voila! You are on your way to a PopShine Smile!!**