

**How often should I use the pen?**

Initially 2-4 times a day for the first week or so and then continue daily twice a day.

**If I have braces can I use the pens?**

We recommend waiting one month after your braces are removed to use the pens.

**How old do you have to be to use the pens?**

We recommend that you are 16 years or older to use them.

**Are there any people that cannot use them?**

We recommend to not use if you are pregnant or nursing.

**How do I get the pen started?**

You need to prime (twist) the pen from the back end 15-20 times or more to dispense the gel initially. Once primed, a few twists is enough per application.

**Are there restrictions after using the pen?**

You cannot eat, drink or brush for 20 minutes after application as the gel is still working.

**When should I use the pen?**

You can use it after you brush, after you eat or drink, or whenever, wherever.

**Is it safe to swallow?**

It adheres to the teeth and dissolves on your teeth helping to remove stains.

**Can I use the pen if I wear a retainer to sleep?**

Yes, you can.

**How long does one pen last?**

If used twice a day each pen lasts for a month

**What if I get sensitivity?**

In a participant study, 100% of participants reported virtually no sensitivity on the teeth. However, if you do get any teeth or gum sensitivity discontinue use for a few days and then restart beginning once a day.

Can I overuse the pen?

No, it is safe for daily use multiple times a day.

I get my teeth professionally whitened with my dentist and use trays or strips occasionally. Can I use the pens also while I am doing this?

Yes, the pens are made and safe to be used daily. It is recommended to discontinue use of the pens for a few days prior to using trays, strips, or the in-office teeth whitening to avoid any sensitivity.

Information provided by Guthy Renker