

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