

# **SmileHaus Instruction Manual — Teeth Whitening Range**

## **1. At-Home LED System**

**Purpose:** Helps accelerate teeth whitening effects by using LED light to activate whitening formulas.

### **How to Use:**

1. Brush and floss your teeth gently before treatment.
2. Apply your whitening gel or serum evenly on your teeth (if using together with a gel/pen).
3. Insert the LED mouthpiece into your mouth and turn it on.
4. Wear the device for the recommended time (typically ~10 minutes per session\*).
5. Remove and rinse your mouth and device after use.  
*Tip:* Consistency matters — daily sessions for the first 7–10 days often show best results.

### **Safety Tips:**

- Do not use if you have broken teeth or exposed roots without professional advice.
- Avoid contact of the whitening gel with soft gum tissue.
- Keep device and gel away from children.  
*Note:* Mild sensitivity can occur — reduce frequency if discomfort arises.



Thank you,

Best regards,  
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