

# All you need to know about Ametop hand cream

Information for your safe and comfortable treatment

## Call centre opening hours

Monday - Thursday: 8.30am - 5.00pm

Fridays: 8.30am - 4.30pm

Tel: 0333 405 0290



1. For effective use please keep the Ametop cream in the fridge until just before your appointment.



2. Place half a tube of the Ametop cream onto the back of each hand **45 MINUTES BEFORE** your appointment.



3. Place a special plaster on each hand and peel off the green grid, leaving the clear film behind.



4. If it is a cold day you will need to wear a pair of gloves to keep the hands warm.

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0333 405 0290 | [www.westcountrydentalcare.co.uk](http://www.westcountrydentalcare.co.uk)