

Bleaching Instructions

**Leave syringe to come to room temperature before use
If you have any left over bleach in syringe leave in fridge for next round**

Instructions

- Brush your teeth well.
- Remove cap of the bleaching/gel syringe and screw on tip – which is under the syringe in the box – and place finger over end of tip to reduce pressure and loss of gel.
- Place a small drop of bleaching agent in the tray for each tooth that needs to be whitened.
- Place tray snuggly over your teeth. Gently press tray to move gel into place.
- Gently wipe off excess gel with a tissue, toothbrush or clean finger.
- Wear tray overnight or as instructed by your dentist for up to 14 days.
- If using Pola Day leave in for between 15 mins and 30 mins
- When using Pola Night leave in for 4-6 hours or overnight
- When treatment has been completed remove the tray – clean both your teeth and the tray with your toothbrush.
- Keep bleach/gel in a cool dry place and tray in case provided.

Please remember

- Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- A small percentage of patients experience sensitivity with whitening. Should this occur please use sensitive toothpaste provided and then only whiten every other evening to reduce sensitivity.
- Some patients have noticed temporary discomfort of their gums. Prolonged gel contact with the gum or soft tissue may cause gum irritation. This can be minimized by not allowing gel to stay on gum/lips by using less gel or ensuring and excess gel has been wiped off. Should any symptoms persist for more than two days or progressively worsen, please call us. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Some old amalgams or “silver” fillings may leave a dark purple colour in your bleaching tray; this is normal.
- Refrain from eating and drinking during and 30 minutes after treatment. Tea, coffee, tobacco, red wine and other products can re-stain your teeth over time. Should this occur, the tooth can be re-whitened within a few nights.
- Regular dental checkups and cleans are important before and after whitening to maintain a healthy smile. If you have any questions please do not hesitate to contact us.