



Pola CP 35% Take Home Bleaching

Before Use:	Floss and Brush your teeth as normal, then dry with a towel or tissue as much as possible
Set up:	<ol style="list-style-type: none">1. Place a small dot of bleach in each tooth compartment in your trays – It is <u>important</u> not to overload your tray as too much gel will cause gum irritation2. Place trays with gel inside your mouth and gently push to seat the tray on your teeth – bubbling is normal3. Use extra care to avoid getting gel onto your gums – You can remove any excess gel with a cotton tip or tissue4. Your bleaching session will be for 15 minutes (you can leave the bleach on for up to 30 minutes if you feel you need longer, however this is at your own discretion)5. Rinse your teeth and bleach trays with lukewarm water and a clean toothbrush.
Notes:	<ul style="list-style-type: none">• Do not eat, drink or smoke while wearing your custom trays• It is normal to see dark colours in trays where you have silver (amalgam) fillings• The area of tooth near your gums may take longer to whiten than the biting edge. It will also remain the darkest part of the tooth• Store your leftover product in the fridge (not freezer) however product should be room temperature when using• Allow trays to dry before storing in a cool, dry place inside the provided container
Post Treatment:	<ul style="list-style-type: none">• Avoid staining foods, drinks and tobacco during treatment and at least 48 hours after your last application eg tomato sauce, noodles, tea, coffee• Continue good oral hygiene to avoid staining or discolouration
Sensitivity:	<ul style="list-style-type: none">• Mild sensitivity to hot / cold may occur – If needed use the provided Soothe Desensitizing Gel to rub onto the affected tooth / teeth for 2 minutes, do not rinse, drink or eat for 10 minutes• Repeat every 2-3 hours until sensitivity subsides