

# Tooth Whitening



PolaNight is a high viscosity, neutral pH tooth whitening gel for discoloured vital and non-vital teeth. When you use it for the **first time** try it for **2 hours** to test your sensitivity. If your teeth are sensitive afterwards, avoid cold food and drinks until the sensitivity subsides and then try bleaching only for 1 hour next time. If you don't have any sensitivity after bleaching for the first time, you can then increase the time you leave the trays in your mouth by a couple of hours up to and no more than overnight (8 hours).

Use this to keep track of the hours you've bleached each day:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

## FOOD/DRINKS

Food and drinks containing strong colours should be avoided for at least 48 hours or consumed in moderation to avoid staining

## NOTE:

Do not eat, drink or smoke during treatment. Do not smoke immediately after treatment - wait at least two hours

## SORE TEETH

Patients with sensitivity will require a day or two break between treatments. Shortening treatment is also suggested

## How to use this kit



1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.



2. Seat the tray, with the gel around the outside of your teeth.
3. Wipe away excess gel around the teeth on the gums with a tissue or finger
4. After treatment remove retainers.
5. Brush teeth and retainers well with lukewarm water to remove any excess bleach