



## How to Whiten your Teeth Using Pola Bleach

At Aim Dental, we currently use Pola Day Bleach in our take-home whitening packs. Please follow these instructions for use:

1. After brushing your teeth, remove the syringe cap and twist on application tip securely.
2. Place a small dot of the gel on the lip/cheek side inside of the tray on teeth requiring whitening. Only place gel on teeth visible when you smile. Back molars are usually not able to be seen therefore do not need to have the bleach applied to them.
3. Put the trays in the mouth. Make sure that there is no excess of bleach leaking out or onto the gums. Wipe away any of this excess with a tissue.
4. Leave in for 30 minutes
5. Remove trays and rinse with warm water and leave to dry.
6. Brush teeth to remove excess bleach.

### **Other Information:**

- After bleaching wait a minimum of 2 hours before drinking, eating or smoking.
- Avoid highly coloured foods (red sauces, beetroot, etc.) and beverages (coffee, tea, red wine etc.) for 48 hours.
- For minor sensitivity please use the sensitive toothpaste. Smear on tooth with finger or toothbrush and leave for 1 minute then rinse. Use as often as required.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, tea, coffee, etc.)
- "Touch-up" treatments may be needed every 6-12 months to retain colour.
- Existing fillings, crowns and veneers will not whiten. Therefore, these may need to be changed in order to match your new smile.
- Keep whitening syringes in the fridge when not in use to avoid them drying out
- When not in use keep trays in a cool dry place as heat and long exposure to water can morph the tray.

If you have any questions or concerns, please do not hesitate to contact us on 1300 AIM DENTAL.