

Teeth Whitening with Pola Night

INSTRUCTIONS

1. Brush thoroughly and floss to remove any traces of food from in between the teeth. Before you begin, check the teeth displayed when you smile. You only need to apply the bleach to these teeth.
2. Remove whitening gel cap and insert application tip. Twist to secure. Apply a small dot of whitening gel in the centre of each tooth as it corresponds on the tray. Express the product slowly and carefully to avoid overloading the trays as it can cause temporary gum irritation. As a guide, you should only need a dot the size of a match head per tooth and use one third of a syringe per application.
3. Once loaded, place trays in mouth and press gently to ensure they are fully seated. Remove excess bleach expressed onto the gums using a cotton tip or tissue. You can wear Pola Night 16% for anywhere between 90 minutes and overnight depending on your preference and teeth sensitivity. Do not eat or drink anything in this time. It is normal to see some bubbling inside the trays as the solution develops.
4. Once you remove the trays, rinse your mouth and brush teeth as normal. Lightly clean trays using your toothbrush and cold water to remove residual bleach. Do not use warm/hot water as it can distort the trays. Store in the container provided between applications.
5. If using your retainers for whitening, continue to wear as instructed after each application.
6. Important: Do not eat or drink anything other than water for at least 1 hour after removing trays. This is when the teeth are most vulnerable to staining.

WHAT TO EXPECT

- The teeth will lighten gradually over 1-2 weeks of daily application. You may discontinue bleaching at any time when you are happy with the shade of your teeth. The final result is the shade you see 2 weeks after treatment ends.
- Some patients experience mild sensitivity during the whitening process. You may wish to switch to a sensitive toothpaste during this time. If your teeth are normally sensitive, we recommend you begin using a sensitive toothpaste 1-2 weeks prior to starting.

The sensitivity is temporary and will subside within 2-3 days of stopping treatment. If discomfort persists or is more than mild, discontinue and seek advice from your general dentist before recommencing.

A desensitising cream called Tooth Mousse can also help alleviate sensitivity during the whitening process. Place a pea sized amount of Tooth Mousse onto your finger and dab directly over teeth. Spit out the excess but do not rinse your mouth. It can also be placed directly into the trays or your retainers and worn overnight.

- NOTE: Do not use Tooth Mousse if you have a milk protein allergy.

THINGS TO REMEMBER

1. Everyone's teeth are unique. How effective the bleaching is and how long the results will last depend on a range of factors including: diet, age, and your natural tooth colour.

For best results, it is important to follow a "white diet" for 1-2 weeks following bleaching. Avoid foods, drinks and habits that are known to stain teeth, including:

- Curries and spices like turmeric and cumin
 - Soy sauce and chilli sauce
 - Rich tomato sauces like bolognaise
 - Blackberries and blueberries
 - Foods with artificial colours
 - Flavoured soda, cola and energy drinks
 - Red wine
 - Black tea and coffee
 - Tobacco products, including vapes
2. It's important to remember that crowns, veneers, fillings and tooth coloured restorations will not whiten with bleaching. These may need replacing following treatment.
 3. Teeth whitening is not a permanent procedure. A mini-course (3-7 days) may be required every 12-18 months to lighten up the teeth again. Unused whitening solution should be stored somewhere dry, away from sunlight. Keep refrigerated if possible.
 4. Store whitening trays in container provided when not in use and contact us when you're ready to purchase more whitening gel. Single syringes are available for 20.00 each.

If you have questions or concerns, please contact our office on 9687 8243 or by email info@westernortho.com.au