

HOME BLEACHING INSTRUCTIONS

Poladay

- Brush teeth and rinse.
- Remove the syringe cap and insert an application tip by twisting it securely onto the syringe.
- Place a small drop of gel into every compartment of the tray in each tooth space you wish to bleach.
- Insert the tray with the Poladay gel over the teeth. Make sure the tray is seated completely around the teeth.
- Wipe away excess gel from the gums with your finger, a tissue or a dry soft toothbrush.
- After treatment, remove tray. Rinse tray and mouth with lukewarm water.
- Brush teeth.
- Treatment Guidelines for Poladay 7.5%

1 or 2 times for 30 minutes a day or 1 time 45 minutes a day

Note: Do not eat, drink or smoke during treatment. Wait at least two hours after bleaching treatment to smoke. Foods and drink containing strong colors should be avoided for 48 hours. Use gel at room temperature.

Should you experience tooth sensitivity or gingival tenderness while bleach is in place, REMOVE. Note the amount of time you were able to wear the bleaching trays without discomfort. We do not recommend continued bleaching with extreme sensitivity.