
How do you use PolaDay CP Whitening?

Brush and floss your teeth before whitening

1. Place a small drop of gel into every tooth impression of the tray for the teeth you would like to whiten.
2. Place the tray, with the gel, around the teeth.
3. Wipe away excess gel in mouth with a tissue or dry soft brush or cotton bud.
4. Leave your trays in for no more than 15 minutes.
5. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
6. Brush teeth with sensitive toothpaste.
7. Repeat this process until you're happy with the result, usually this should take 7-10 days.

*** Please only use whitening gel once per day***

Do not eat, drink or smoke during treatment.

Do not smoke immediately after treatment - wait for at least two hours. Foods and drinks containing strong colours should be avoided for at least 48 hours after the treatment period or consumed in moderation.

When is it better to do teeth whitening at night or morning?

To reduce the chance of staining you should use it **at night** before you go to bed. This reduces also gives your teeth the whole night to re-hydrate, meaning more effective whitening and healthier teeth.

Care of your custom trays

There is a container provided for your trays to protect the trays when they are not in use.

Do not use trays unless whitening.

Do not consume food or beverages while wearing whitening trays.

Storage of Gel

Store the whitening gel in the fridge or in a cool dark place away from sun light.

**BDF Dental**

Shop 3 Beaudesert Fair
38 William Street Beaudesert, QUEENSLAND 4285
07 5541 3623
bdf@bdfdental.com.au
www.bdfdental.com.au

Please do not hesitate to contact us if you have any queries.