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## Tooth Whitening

### Pola Night Whitening Kit

We provide professional home whitening kits to work with your custom constructed retainers.

Your kit will include 4 x 1.3 10% Pola Night Syringes and application tips.

Pola Night can be worn for as little as 2 hours and is mild enough to be left in overnight, the amount of time you leave the gel in will reflect on the results you wish to achieve.

#### *Procedure*

- Apply application tip to first syringe
- Place small drop of the gel into the front of every tooth compartment in your retainer.
- Place the retainer containing the gel into your mouth and allow the gel to cover the front of the teeth. You may see some bubbling within your retainers while you are wearing them, this is perfectly natural.
- Take extra care to avoid getting any gel on your gums, wipe off any excess gel with your finger or cotton wool that may have squirted out of the tray while inserting it.
- After treatment, remove the tray and rinse both your tray and mouth with lukewarm water.
- Brush your teeth.

#### *For Effective Results*

- Do not eat, drink or smoke during treatment
- Do not smoke immediately after treatment – wait at least 2 hours
- Foods and drinks containing strong colours should be avoided for at least 48 hours after treatment.
- Use the gel at room temperature.
- Keep the gel in the fridge when not in use.

#### *General Advice*

- If you experience any discomfort or sensitivity of your teeth please discontinue using the gel and contact the practice.
- Any discomfort or sensitivity of your gums, tongue, lips or throat please discontinue using the gel at once and contact the practice.
- Please fully read the instruction leaflet provided in your kit.