



The Pinner Dental Practice

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POLANIGHT 16% AT HOME TOOTH WHITENING:

Use Polanight for 14 days as instructed

Apply a small amount of whitening gel POLANIGHT 16% onto a dry whitening tray.

Place whitening tray into mouth overnight.

Upon waking take trays out of mouth and rinse mouth with warm water.

Softly brush teeth with your normal toothpaste.

You must wait for at least 2 hours before you drink, eat or smoke.

For optimum results avoid smoking, or consuming food and drink which can stain teeth such as red wine.

Do treatment for 14 days and if you want to increase whitening.
Have one week off then do an extra 6 days of treatment.

Repeat treatment every 3 months or when needed. Do not bleach everyday for longer than a period of two weeks at a time.
Do not over fill trays with gel.

Using sensitivity toothpaste when bleaching is helpful.

Never use a mouthwash that contains chlorhexadine also known as "corsodyl" whilst using Polanight. Only use teeth whitening mouth washes that will not stain.

Tooth whitening result may not be as apparent if teeth are already very light. To monitor results shade and photographs may be recorded in your file before and after treatment.

Store Pola gel in the fridge out of the reach of children.

Always read instructions carefully.

Be patient and do not over bleach your teeth. A full dental treatment is 14 days.

Signature:

Date of commencing Treatment.....