



Internal tooth whitening

Steps

1. Brush your teeth.
2. Make sure the tray is clean and dry.
3. Place whitening gel (size of half a grain of rice) into the tooth with the open hole to the back of it. Also place whitening gel into the whitening tray for that tooth. Aim for the front and back of the tooth in the middle.
4. Dry teeth with tissue or towel.
5. Place the whitening tray in your mouth over night or change every 2 hours.
6. After a whitening session, remove the whitening tray, rinse your mouth out with water and clean the whitening tray with a toothbrush.
7. Repeat until the tooth is close in brightness to your other teeth (2-3 days). Then follow the instructions for Pola Day/Night whitening.

Risks

Teeth whitening is a perfectly safe treatment when completed correctly. It does have some risks:

1. Sensitivity - feel free to take a break if needed or use sensitive toothpaste throughout treatment.
2. Sore gums - this will be due to using too much whitening gel in your whitening tray. You only need a tiny amount.
3. Root canal therapy - the hole in the tooth must be kept clear and clean to prevent decay or external invasive cervical resorption. Use an interdental brush to clean.