



# Steps to whiter teeth - Pola Day

## Steps

1. Brush your teeth prior to going to sleep.
2. Make sure the tray is clean and dry.
3. Place whitening gel (size of half a grain of rice) into each tooth on your whitening tray. Aim for the front of the tooth in the middle. Only use it on the teeth you want to whiten. You can leave the back teeth.
4. Dry teeth with tissue or towel.
5. Place the whitening tray in your mouth for 35 minutes once a day for 3 days.
6. Once the tray has been removed, rinse your mouth out with water and clean the whitening tray with a toothbrush.
7. If no sensitivity after 3 days, lengthen to 45 minutes for another 3 days.
8. If no sensitivity after another 3 days, complete 35-45 minutes time a day for up to 3 weeks or your desired brightness.

## 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.