



Whitening Instructions

POST OP INSTRUCTIONS

Prior to use brush thoroughly and floss (it is very important to have the whitening solution applied evenly. If not there may be striping or spotting/uneven shade changes)

Apply a tear drop amount of whitening solution into each tooth area of the facial part of your custom tray, and only to the teeth that you see in your smile when you look into the mirror

If any of the whitening solution should get onto the gum tissue... take a q-tip and wipe off right away, the whitening solution can cause irritation to the tissue. The trays with the whitening solution should stay in as recommended by polanight 1 time daily for 40 minutes. It is very important not to leave in longer this can cause sensitivity.

After 40 minutes, remove the custom trays, brush your teeth thoroughly and floss (this is very important to prevent unnecessary sensitivity)

Always clean the custom trays after every use. (cleaning instructions are simple, use your tooth brush and warm water)

It is very important to keep your custom trays in the case provided and out of reach of animals and children.

In the case of sensitivity take ibuprofen 1 hour prior to use of this product.

While using this product for best results it is best to not use any of the following types of foods

Colas	Coffees	Teas
Red sauces	Red wines	Smoking

Or any other oral consumption products you may think will cause staining

When using this product it is very important that you are committed! This is not a product that should be used one day at a time. It is recommended a minimum of 7 days and not more than 14 days. If you are looking to maintain whitening please consult with one of our staff members and we will be more than happy to provide you with information to help you achieve routine whitening.

NORTHSIDE OFFICE
Phone: (509) 466-9638

SOUTH HILL OFFICE:
Phone: (509) 536-5360

