

Custom Tray Teeth Whitening (Bleaching) Instructions

Only a minimal amount of bleaching gel is necessary to effectively whiten your teeth. The ideal bleaching gel solution is carbamide peroxide which allows for a slow release of active ingredient to whiten your teeth for many hours. Polanight is for patients and dental professionals. It's 22% carbamide peroxide, and is a pleasantly flavored, crystal clear sustained release gel with soothers, conditioners, and water content that helps reduce sensitivity. During treatment, sensitivity which lasts briefly is normal.

Step By Step Guide for Application of Bleaching Gel

Make sure your custom tray is clean from previous use. Never use hot water when cleaning your tray because it will warp the plastic. The best way to clean the whitening gel out of your trays is to use q- tips and room temperature water.

1. Brush your teeth!
2. Remove the syringe cap, insert the application tip by twisting it securely on the syringe.
3. Place a small drop of gel into every tooth compartment of the whitening tray. The bead is applied in the middle of each tooth and only on the front surface. Applying more gel, or adding gel to the back surface of the teeth will only waste your gel while not improving results.

Important: Whiten each tooth up to and including the first molar so that there is no visible change in teeth shade when smiling. Skip any teeth which you have been instructed to avoid, such as crowns.

4. Gently insert the loaded custom tray into your mouth and seat completely over your teeth. Use a finger to gently press against the front surface of your teeth to adapt the tray.
5. Wipe excess gel off with tissue.
6. **Leave in mouth for 45-60 minutes.**
7. After treatment, remove the tray and rinse with lukewarm water. Brush your teeth. Repeat nightly for up to 14 nights as directed.

Precautions:

- **Do NOT eat, drink, or smoke during treatment.** Do not smoke immediately after treatment - wait at least two hours. Food and drinks containing strong colors (i.e. coffee, coca cola, black tea) should be avoided for at least 48 hours or consumed in moderation.
- **IF YOU HAVE SENSITIVITY**, take a day or two break between treatments. Shorter daily duration of treatment may help. Using **desensitizing toothpaste** (like Sensodyne) can increase your comfort.

Store your whitening gel in a cool place (2-25 degrees C, or 35-77 degrees F)

- Keep out of reach of children and pets. Not to be used by pregnant or lactating women. Patients with history of chemical allergies are advised to carry out allergy testing by specialist before using products.
- **Discontinue use if you have unusual sensitivity or reactions, and consult your dentist.**