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**Tooth Whitening Procedure / POLADAY**

Following your recent dental examination and the taking of impressions, you are now ready, using the enclosed ‘trays’ and POLADAY gel, to begin the process of professionally whitening your teeth at home.

Simply follow the POLADAY instructions to gain a brighter, whiter smile! We have also prepared this crib sheet for you based on our experiences and observations and recommend you follow our advice.

1. Before you start, please wash your hands and then brush and rinse your teeth, *gently* flossing, if necessary, to remove food particles. Do all this with water alone - don’t use toothpaste as it applies a protective coating to your teeth which affects the efficacy of the whitening gel.
2. Using a gel syringe at room temperature, carefully apply no more than a RICE GRAIN sized amount of gel to each tooth pocket. Using more will not improve results but merely waste gel and increase the possibility of gum irritation. Focus on your anterior (i.e. ‘front’), visible teeth rather than rear molars.
3. Place the trays snugly over your teeth, gently pressing and squeezing them onto your teeth to smooth the gel onto the surfaces of your teeth.
4. Carefully wipe off any excess gel with a cotton bud or a clean finger. Ingestion in small quantities of the gel poses no risks, however, pregnant or lactating women and under 18s should not use this product.
5. Wear your trays once a day for a period of 45 – 60 minutes. Wearing them for longer periods won’t increase the speed or effectiveness of the whitening process as the active ingredients in the gel will be exhausted. Some patients report slight sensitivity and this is normal, however, if the sensitivity is unduly uncomfortable or you notice blanching of your gums you may choose to rest for a couple of days or reduce the amount of gel you use. If the sensitivity concerns you stop using the gel and call us on 01992 505828 so that your dentist can reassure and advise you.
6. After 45 – 60 minutes remove and rinse the trays thoroughly under lukewarm running water. *Gently* brush your teeth with water to remove any gel and have a rinse. Wash your hands and DO NOT allow your hands to come into contact with your eyes until you have. Shake off the excess water and store your trays in the case provided. Avoid tea, coffee and highly coloured foods for at least two hours and for the duration of treatment consume only in moderation. Always store the gel in a refrigerator - it increases its effectiveness and prolongs its life. Needless to say, **keep out of the reach of children**.

Whiteness can be promoted and maintained by exercising caution with the amount of foods and drinks you consume that can cause discolouration. Colas, ketchup, curries, berries, coffee and red wine are all known to discolour teeth. And, needless to say, smoking is a real ‘no-no’ for a healthy white smile!

Good luck with your whitening and please don’t hesitate to call the surgery on **01992 505828** if you have any questions or experience any problems. Finally, if you’re pleased with the results and wish to top up in the future, you can always come back for some more gel, however, you will need our dentist’s say so because the gel we supply is a ‘prescription only’ product.

**Teeth Whitening – some FAQ’s**

**1. Do I have to use all the gel supplied?**

Absolutely not! If you are happy with the shade of your teeth after say five or six applications you can stop and keep the remaining syringes (out of the reach of children) in the refrigerator for future use. They will keep for up to two years (check ‘use by’ date) although the younger they are the better the gel works.

**2. I whitened my teeth last year but now they’ve begun to discolour a little. Can I get some more gel and how much does it cost?**

Yes you can. We sell a whitening ‘top up’ kit for £60 which will give +/- eight applications to your upper and lower teeth arches. So keep your trays safe and you’ll be able to use them again.

**3. How long does teeth whitening last for?**

It is impossible to answer this as everyone’s teeth are different and we all follow different diets.

**4. Do over the counter whitening kits work?**

Whilst so-called whitening kits are on sale in the shops and the backstreet whiteners peddle their dubious treatments, at best all these will do is dilute surface stains whilst some could be harmful to the health of your teeth and gums. Beware too, of the myriad of fake whitening products on the internet including fake POLADAY. Over the counter kits only contain miniscule amounts of HP, if any, and therefore won’t work remotely like the prescription whitening gel your dentist prescribes. It’s one thing to buy a fake Gucci handbag at a Turkish market: using fake bleaching gel for your teeth puts your health at risk.

**6. How long does the gel last for?**

The POLADAY gel syringes have a ‘use by’ date. Please observe this as once the gel is aged its effectiveness diminishes.