

**SIGNATURE DENTAL**  
*Family Dentistry*

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**“AT HOME” TEETH BLEACHING (POLA / NITE WHITE)**

You have been shown how to use your bleaching system and some instructions may have been provided with your kit. The following is a brief summary of the procedure and possible side effects:

**THE PROCEDURE:**

- 1) Floss and brush your teeth
- 2) Place gel in trays without overfilling. The bleach only needs to contact the front surface of the teeth.
- 3) Place trays over teeth until completely seated and remove excess with your finger or with a tissue. Do not rinse your mouth.
- 4) Wear the trays for about 60 minutes. Decrease the wear time if your teeth feel sensitive.
- 5) Rinse your mouth and brush your teeth after removing the trays. Gently rinse the trays and store them in the case, away from pets.

**SIDE EFFECTS:**

- 1) Teeth sensitive to cold and/or biting.
- 2) Discomfort in your jaw.
- 3) Gums are red/white and sore.

\*\* If any discomfort lasts for an extended time, please stop using the bleach, and call us. Decreasing the wear time and brushing with a sensitivity toothpaste (sensodyne) before and after treatment will help.

**IN GENERAL:**

- Try not to skip any days with your treatment.
- Results will usually be seen within 1-2 weeks.
- The root surface of the tooth usually remains a little darker.
- The teeth will be slightly whiter than they will remain, with the final colour being achieved after 2 weeks.
- Avoid spicy foods and citrus foods/drinks.
- Smoking, coffee, tea, red wine, curry, mustard, beets and berries can stain your teeth.
- You can do touch-ups every 6 months to 1 year. We can supply additional tubes of bleach at a nominal fee.

**\*\* GOOD LUCK\*\***