

POLA ZING SDI WHITENING INSTRUCTIONS

1. Brush and floss teeth prior to wearing the bleaching trays. (Whitening will NOT work if plaque and or tartar are present on teeth). You must remove all plaque by brushing and flossing (or professionally remove tartar) from teeth before use of whitening gel. If all plaque and tartar are not removed, then streaking may occur on teeth or may not whiten the teeth at all.
2. To dispense whitening material, first break off the cap by using a twisting motion. Retain Cap for re-use.
3. Using a Q-tip, place a very thin layer of Vaseline on your gums (on the gums only – not on the teeth for the whitening gel will NOT work through the Vaseline on the teeth and thus not whiten the teeth). The Vaseline will help serve as a barrier from the whitening gel and help prevent sensitivity of the gums.
4. Place a VERY SMALL dot into each tooth well. Replace cap on whitening syringe. Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe excess material from the gums or oral tissue with your finger or dry Q-tip or dry toothbrush. If a lot of gel swishes out of the tray then you are placing too much gel in the tooth wells.
5. Wear the tray with gel in it for up to 30 minutes 1 to 2 times a day for up to 2 weeks.
6. After use, remove tray, brush with lukewarm water and floss teeth to remove any remaining gel.
7. Brush with Sensodyne Toothpaste and Rinse with Flouride Mouth Rinse (such as ACT) to minimize tooth sensitivity.
8. Gums often appear white after an application due to gel accidentally touching the gums. Thus place “Vitamin E Liquid” (Can be bought at any drugstore) on gums with your finger immediately after whitening in order to remove any white color of the gums and to soothe soreness. White gum marks typical dissipate in a few hours.
9. Clean whitening tray using a toothbrush and warm water, carefully wipe dry and store in the tray holder in a dry area away from children and animals.

***Keep gel refrigerated when not in use.**

***Keep out of direct sunlight and out of the reach of children or pets.**

***DO NOT** eat, drink or smoke while the tray is in place. Keep in mind that coffee, tea, soft drinks, grape juice can stain teeth after whitening. Remember to have your teeth professionally cleaned and polished every 6 months.

***DO NOT** use if pregnant or become pregnant or breast feeding.

***Whitening gel will NOT** change the color of silver or tooth-colored fillings, Crowns, Veneers, Partial or Dentures. Whitening gel will only change the color of natural tooth structure.

***DO NOT** use bleach on Fillings, Crowns, Veneers, Partials, Dentures, for it may cause pitting or damage to it. However, if you are going to replace tooth colored fillings after using the tooth whitening gel to achieve a match in color anyway, then use of tooth whitening gel on such dental work is permitted.

***Teeth that are originally multi-colored** (such as white spots, shaded areas on the teeth, or tetracycline stained teeth) will have difficulty lightening, if at all and will definitely **NOT** remove the multi-colored areas and/or shading of the tooth into a solid homogenous white color.

***There is a point when teeth will have achieved maximum whiteness and further whitening will be in vein.** This point is different for every patient!!

**** If sensitivity of gums occur:**

- a). You may be using too much gel. Remember to keep the gel off gums!!
- b). Using a Q-tip, place a very thin layer of Vaseline on your gums (on the gums only – not on the teeth for the whitening gel will NOT work through the Vaseline on the teeth and thus not whiten the teeth). The Vaseline will help serve as a barrier from the whitening gel and help prevent sensitivity of the gums.

**** If sensitivity of teeth occur:**

- a). Discontinue use of whitening gel until teeth are no longer sensitive. Then only use 1 or 2 times a week depending on sensitivity.
- b). If sensitivity is too great, simply discontinue completely.
- c). Use Sensodyne Toothpaste and a Flouride Mouth Rinse (such as ACT) to minimize tooth sensitivity.
- d). Gums often appear white after an application due to gel accidentally touching the gums. Thus place “Vitamin E Liquid” (Can be bought at any drugstore) on gums with your finger immediately after whitening in order to remove any whitening color of the gums. White gum marks typical dissipate in a few hours.

**** Sore throat or nausea may be experienced if excessive gel is swallowed. Stop use for 1 week and Upon Resuming, use a lot less gel.**

**** If you experience discomfort or sensitivity stop using the product and contact your dentist.**