

POLA LIGHT

Enjoy a brighter,
more confident
smile in 5 days



Frequently asked questions

How much whiter will my teeth be?

Many teeth whitening manufacturers make claims of '5 shades' whiter or similar. However, this can be misleading as it depends on the original shade of your teeth and the current staining on your teeth. Pola is formulated to remove the toughest stains from your teeth and return your teeth to their whitest natural color.

How long will my teeth stay white?

Your lifestyle is the greatest influence on your oral health. If you are an avid drinker of coffee, wine and/or soda, your teeth whitening will diminish more quickly than someone who prefers water. Typically, your whitening will be at its best for the first 6 months, before slowly diminishing.

How much Pola Day whitening gel do I apply?

Only a small amount is required for each session. Do not overfill your mouthpiece, as gel may spill on to your gums and cause sensitivity. Using the markings on the syringe as a guide, allow one fifth of the syringe (0.6g / 0.02 oz) per tooth whitening session on both top and bottom of the tray.

The treatment guidelines recommend two applications per day. Should I complete both applications in one sitting?

For best results, we recommend completing the two applications one after the other.

Is Pola whitening safe?

Yes. Clinical studies have shown that teeth whitening with carbamide peroxide or hydrogen peroxide is safe if performed under the guidance and supervision of a trained dentist. With a history of improving teeth for 50 years, our Pola whitening scientists have refined an industry leading tooth whitening formula that removes tough 'rusted on' stains, while remaining completely safe for your teeth.

Will the whitening process hurt?

A small minority of people may experience short term teeth sensitivity during the whitening process. This sensitivity will subside quickly and does not lead to tooth or gum problems. If you are experiencing pain, stop the whitening process and consult your dentist.

How do I charge the Pola LED mouthpiece?

Once the LED light starts to flash, charge the Pola mouthpiece using the supplied USB charger cord. The light will continue to flash while charging and will stop flashing once fully charged.

Note: Before charging, ensure the LED mouthpiece and charging port are clean and dry, and free from any debris or residue. Do not charge the device if moisture or debris is present.

How should I store the Pola Light kit?

For best results, store the Pola whitening gel in a safe location with a temperature between 35°F - 77°F (2°C - 25°C).

How can I order more Pola whitening gel?

To order more Pola whitening gel for future treatments, simply contact your dentist. Your dentist can provide you with additional Pola whitening gel syringes, which are compatible with the Pola Light system.

How do I clean the Pola LED mouthpiece?

Please use only water and soap to clean the Pola mouthpiece. Avoid the use of abrasive materials and cleaning substances.



YOUR SMILE. OUR VISION.