

## Post-Op Instructions: Pola in Office tooth whitening

- Follow instructions from your dental professional.
- If you are a smoker, do not smoke for 48 hours.
- Stay away from highly coloured foods (red sauce, blueberries, etc.) and beverages (coffee, tea, etc.) for 48 hours.
- Mild sensitivity to hot or cold liquids may occur. This usually passes within 1-2 days. If sensitivity is severe or persists, contact your dental office.
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the colour to tone down after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, coffee, tea, etc.)
- "Touch-up" treatments are recommended every 6-12 months to maintain shade. You can ask your dental professional about different "touch-up" options such as Pola Day, Pola Night, Pola Luminate, Pola Office, Pola Office+ or Pola Rapid.
- Existing fillings, crowns, bonding, etc. will not whiten their original shade. Therefore, these may need to be changed in order to match your new smile.
- If your family or friends notice your new smile, let them know that Pola whitening can help improve their smile too!

### DISCLAIMER:

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