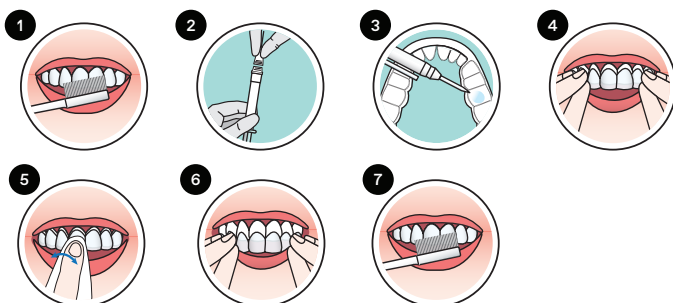


Step by step guide: Take-Home

1. Brush teeth.
2. Remove the whitening gel syringe cap and attach application tip by twisting it securely onto the syringe.
3. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
Tip: Use the dosage indicators on the syringe as a guide.
3g syringe - Use approximately one sixth of the syringe per application; this amount is sufficient for both the top and bottom trays.
1.3g syringe - Use approximately one third of the syringe per application; this amount is sufficient for both the top and bottom trays.
4. Seat the tray, with the gel around the teeth.
5. Wipe away excess gel in mouth with a tissue or dry soft brush.
6. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
7. Brush teeth.



Please note:

- Use gel at room temperature
- Do not eat, drink or smoke during treatment
- Do not smoke immediately after treatment - wait for at least two hours
- Foods and drinks containing strong colours should be avoided for at least 48 hours or consumed in moderation
- Not to be used by pregnant or lactating women
- Certain countries have age restrictions for whitening products where it is not to be used under a certain age. Always read the Instructions For Use carefully prior to use.

Treatment guidelines

Pola Day	9.5%		
	2 × 15 minutes/day or 1 × 30 minutes / day		
Pola Night	10%	16%	22%
	1 × 2 hours / day to overnight	1 × 90 minutes / day to overnight	1 × 45 minutes / day



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Brighter You.**



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