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# POLA

ADVANCED TOOTH WHITENING SYSTEM

# POLA ADVANCED TOOTH WHITENING



## STEP BY STEP GUIDE: TAKE HOME

Firstly, brush teeth as normal. Now, remove the whitening gel syringe cap and insert an application tip by twisting it securely onto the syringe.

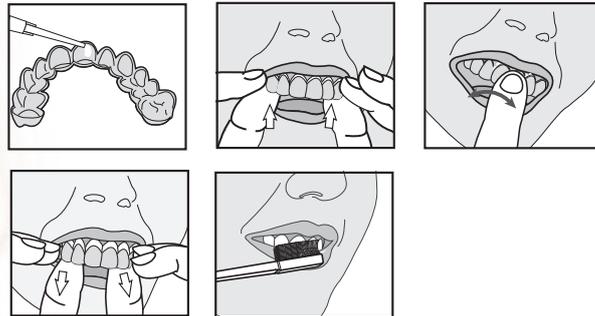
1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.

**Tip:** Use the markings on the syringe as a guide:

**3g syringe** - For each whitening application, extrude approximately one sixth (0.5g) of the syringe on each of the top and bottom whitening trays.

**1.3g syringe** - For each whitening application, extrude approximately one third (0.4g) of the syringe on each of the top and bottom whitening trays.

2. Seat the tray with the gel, around your teeth.
3. Wipe away any excess or overflowing gel with a tissue or dry soft brush.
4. After treatment, remove your tray. Rinse tray and mouth with lukewarm water.
5. 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

### TREATMENT GUIDELINES

	6% & 7.5%		9.5%
<b>POLA DAY</b>	1 or 2 x 30 minutes / day or 1 x 45minutes / day		2 x 15 minutes/day or 1 x 30 minutes / day
	10%	16% & 18%	22%
<b>POLA NIGHT</b>	1 x 2 hours / day to overnight	1 x 90 minutes / day to overnight	1 x 45 minutes / day

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# WHITER BRIGHTER YOU



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