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POLA WHITENING INSTRUCTIONS

1. Brush your teeth. Remove the cap of the whitening gel and insert the application tip by twisting it securely onto the syringe.
2. Place a small drop of gel into each compartment of the tray for the teeth undergoing treatment.
3. Seat the tray in your mouth; wipe away any excess gel that expresses from the tray with a tissue or a dry soft brush.
4. Wear for 15 minutes.
5. After 15 minutes, remove the tray. Rinse the tray and your mouth with lukewarm water. Avoid hot water on the tray as it can cause distortion.
6. Brush your teeth.
7. Some sensitivity is common and normal after whitening, using a sensitivity toothpaste such as Sensodyne can help alleviate the symptoms.
8. Always store the unused whitening gel in the refrigerator to prolong the potency and effectiveness of the gel.
9. Please call us at **(714) 846-1414** if you have any questions or concerns. You can also email to office@seabreezedental.com.