

**Take Home Teeth Whitening Instructions for Poladay 9.5%
Hydrogen Peroxide**

1. Brush and floss your teeth with your regular toothpaste.
2. Ensure that your custom made whitening trays are clean and free of debris, then apply your whitening gel to the facial surface (the surface people can see if your smiling not the biting surface) of the tray, just one small dot for each tooth; about the size of a match stick head.
3. Insert the trays into your mouth and leave in for 1 hour, during this time do not eat drink or smoke.
4. If you have excess gel oozing from the trays then you have used too much product and need to wipe away the excess with a damp cloth.
5. Once you have completed 1 hour whitening with the trays in your mouth you can remove them and wash them under cold water with a toothbrush to remove any remaining gel and rinse your mouth out with water to remove any remaining gel in your mouth.
6. When the whitening trays are not in your mouth please keep them in the plastic container we have provided you with as they can get lost very easily as they are clear.
7. If you experience moderate sensitivity from the whitening please cease using the product and use a sensitive toothpaste in your trays just as you would with the whitening gel, as this decreases sensitivity greatly.
8. Please avoid drinking tea, coffee, red wine, eating curries or staining foods and smoking during the whitening process.