

Pola Night

Whitening Instructions & Consent Form

1. Read the enclosed patient instruction booklet first before commencing treatment.
2. Floss and brush your teeth.
3. Prepare syringes according to instruction booklet. Use gel at room temperature.
4. Place a small amount of gel in each tooth compartment of the tray as indicated in the instruction booklet, do not overload trays. Bubbling within the trays is normal.
5. Place tray with the gel in your mouth, use extra care to avoid getting gel on your gums. If you find excess gel does get on your gums, remove it with a cotton bud or tissue.
6. Recommended wear times are:
  - ❖ 10% - minimum 2 hours a day to overnight
  - ❖ 16% - minimum 90 minutes a day to overnight
  - ❖ 18 or 22% - 45 minutes a day
7. After treatment, remove trays. Rinse trays and mouth with lukewarm water.
8. Brush teeth as per usual.
9. Leave trays to dry in a cool, dry place.

**Results vary from patient to patient. The final shade will be achieved in about 1-2 weeks. Do not use for more than 2 weeks without consulting your dentist.**

**AVOID:**

- ❖ Eating, drinking or smoking while you are wearing your custom trays.
- ❖ Staining foods, drinks and tobacco after the whitening process.
- ❖ Using product if you are pregnant or lactating.
- ❖ Using product if you are currently being treated for a serious illness, eg. immune compromised.
- ❖ Using if you are under 14 years of age.

**If you experience sensitivity during the treatment process:**

- ✚ Symptoms should subside within 3 days.
- ✚ You may require a day or two break between treatments. Shortening treatment time is also suggested.
- ✚ A product called 'Tooth Mousse' can be purchased from your dentist to provide relief.
- ✚ Contact your dentist.

The above recommendations of use have been explained to me by,

\_\_\_\_\_

*All of my questions have been answered and I fully understand the above advice in this consent form.*

Signature of Patient: \_\_\_\_\_ Date: \_\_\_\_\_

(Please photocopy, provide 1 copy to the patient and the 2<sup>nd</sup> copy to Reception staff)