

Take Home Whitening Instructions:

Poladay 35% Gel OR Zoom Day White 14% Gel With Custom Trays

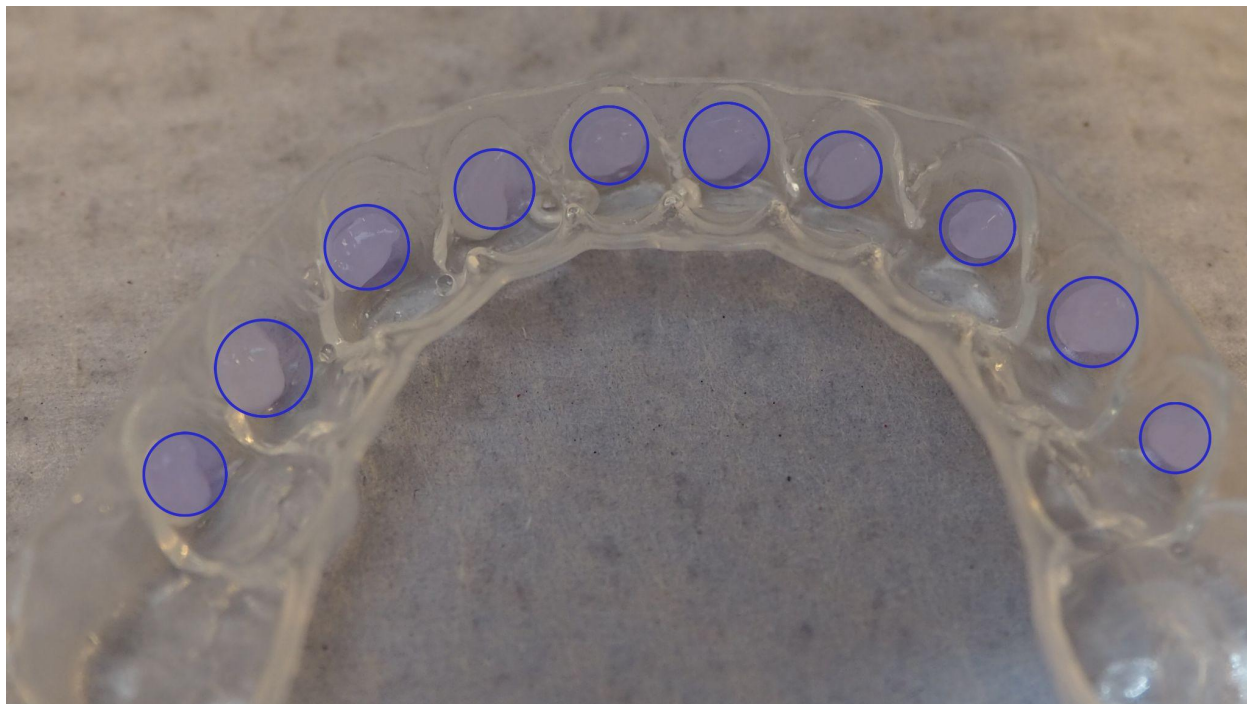
1. To open the bleach syringe, twist the cap of the tube and pull off. Attach applicator tip.
2. Place a “teardrop”-size of gel in each tooth compartment in your trays, we have created space for the gel, please apply gel into “blue teeth”-area - Use enough gel so that the front surface of the tooth is lightly covered when the trays are in the mouth but not so much that excess gel leaks over the top of the trays. Wipe away any excess gel from your gums. We typically recommend whitening only the front 8-10 teeth that show in your smile. Each syringe includes enough gel for 4-6 bleaching sessions (single arch).
3. Based on the percentage of active ingredient in our whitening gels, trays should be worn for 30-45 minutes at a time. **Do not exceed 45 minutes.** If using Poladay 35% recommended bleaching time is 15-30 minutes. If using Zoom 14% recommended bleaching time is 30 minutes.
4. After bleaching, rinse your mouth with lukewarm water. Rinse trays well with warm water and use a toothbrush to remove any gel residue.
5. Use daily for up to two weeks or until desired results are achieved.
6. In the 48 hours after bleaching, avoid staining foods and beverages like coffee/tea, red wine, tobacco, soda, berries, etc.
7. Poladay bleach gel should be stored in the refrigerator. Zoom Day White does not need to be refrigerated but should be stored in a cool, dry place.

If you experience sensitivity, decrease wear time and/or whiten only every other day. Sensitive toothpaste can also relieve sensitivity during and after whitening. Place sensitivity toothpaste in your whitening trays and wear trays for 15 minutes prior to whitening. Rinse/brush teeth and trays well between toothpaste and gel.

Precautions:

1. If irritation (such as redness, swelling, soreness) of the gums or mouth occurs, discontinue use and call the office at 970-476-3991.
2. Products containing peroxides are not recommended for use by children under 14 years of age or for pregnant or lactating women.
3. Do not smoke, eat or drink with trays in. Do not smoke for at least 2 hours after treatment.
4. Avoid swallowing of product. Avoid getting product in your eyes. Avoid direct contact of whitening gel with your gums.
5. Keep out of reach of children.

IDEAL PLACEMENT OF BLEACHING GEL IN YOUR TRAYS



Take Home Whitening Instructions:

Professional Whitening to go 15% (Green Pre-Filled Trays)

1. Please follow the included instructions in your box.
2. Refrigerate the product until you use it, pull out one tray at a time.
3. After bleaching, rinse your mouth with lukewarm water.
4. Use every once in a while for “touch-up” or daily for up to two weeks or until desired results are achieved.
5. In the 48 hours after bleaching, avoid staining foods and beverages like coffee/tea, red wine, tobacco, soda, berries, etc.

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