

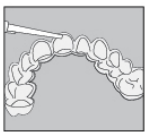
Whiter. Brighter. You.



How to use the Pola Take Home Whitening System

pola

ADVANCED TOOTH WHITENING SYSTEM



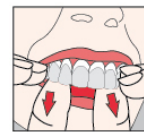
1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.



2. Seat the tray, with the gel, around the teeth.



3. Wipe away excess gel in mouth with a tissue or dry soft brush and wear tray for time indicated below.



4. After treatment, remove tray. Rinse tray and mouth with lukewarm water.



5. Brush teeth.

Tray wear times:



poladay 3% 2 or 3 X 30 min/day OR 1 X 60 min/day
poladay 7.5% 1 or 2 X 30 min/day OR 1 X 45 min/day
poladay 9.5% 2 X 15 min/day OR 1 X 30 min/day



polanight 10% 2 hrs to overnight
polanight 16% 90 min to overnight
polanight 22% 1 X 45 min/day

 **Addison Dental Practice**
 Orthodontics, NHS and Private General Dentistry

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