

### How long does the bleaching last?

Normally the new whiter colour of your teeth keeps well and even though it will fade over time, it's rare that it will ever go back to the colour that it was before you had treatment. If you drink a lot of coffee, red wine, or cola and eat foods containing heavy colouring such as blueberries etc., this will accelerate the fading and staining.

### Future top ups

For future top ups we recommend consulting your general dentist.



### Safety Information and User Guides

Before you start the whitening process please advise us if you are pregnant or breast feeding as you cannot use the whitening gel during this time.

Please also contact the practice immediately if you experience more than slight sensitivity or discomfort at any stage of the treatment.

Please follow our instructions carefully and read the manufactures recommendations. This will ensure the best, safest and most effective treatment, and minimize risks.

### Instruction leaflet and Safety Data Information

<https://www.sdi.com.au/au/product/pola-day-polanight/>

## Information for Whitening

Take home gel for Invisalign Retainers



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park house 187 macquarie st  
sydney nsw 2000  
t 02 9221 2181

maroubra  
822 anzac parade maroubra nsw 2035  
t 02 9344 7081

kincumber  
84 avoca drive kincumber nsw 2251  
t 02 4369 2209

**Congratulations on successfully completing your Invisalign treatment. Now, let's make your new smile brighter and whiter!**

### **Using the whitening gel in your Invisalign retainer**

1. Before you load your retainers brush, floss and rinse your teeth.

2. To apply the gel, ensure the nozzle is locked securely into the top of the syringe and carefully expel individual drops (the size of 1 grain of rice per tooth) directly into the retainers. You only want the gel to coat the front surface, avoiding the inside tooth surface and gums.

3. You will be putting the trays in just before you go to bed and taking them out either in the morning or after 4 hours.

5. We advise you don't eat or drink with the trays in. Do not swallow any excess gel.

6. We suggest using 2 full syringes over 14 days and saving one to top up with for 7 days which can be done in the weeks leading up to your retainer check follow up appointment.

7. The best results for whitening occur when you whiten on consecutive days for 2 weeks (you may need to have a day off here and there).

### **Storing and keeping your whitening retainers clean**

1. **Store in a cool, dry place.** We highly recommend storing your spare syringes in the fridge. The one you are currently using can be kept at room temperature. Store retainers in their case and away from direct sunlight and heat.

2. **Keeping your whitening retainers clean.** Use your toothbrush and under some cold running water, give them a bit of a scrub to remove any gel that is left. Shake off the excess water and leave the upside down to dry in the case with the lid open



### **Staining and tooth colour**

**The following can stain teeth -**

Red wine

Curry, saffron & turmeric

Coffee & tea

Cola & dark sodas

Berries & tomatoes

Fried foods, food dye & colored candy

Smoking

During the period of whitening teeth are more porous & stain easily.

It is important that you abstain from these items during the 2 weeks. You can return to them afterwards in moderation.

You should also be wary of the damaging acid in:

Citrus fruits and fruit juices

Pickles and vinegars

Lemon water

Sports and energy drinks