

HAMPTON BEACH DENTISTS

3 RAILWAY WALK SOUTH
HAMPTON

 03 9598 5666

 www.hamptonbeachdentists.com.au

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HOW TO USE & CARE FOR YOUR BLEACHING TRAYS

Pola Day

POLA DAY

Bleach trays ideally should be worn for 2 to 3 weeks, for longer lasting results.

A number of patients find it difficult/uncomfortable to wear the bleaching trays for 3 consecutive weeks and choose to wear it for shorter periods of time eg: 1 week. That can produce results, but not as long lasting, consequently they need to top up every 6 to 9 months for another 2-3 days.

While you are bleaching, avoid eating/drinking any foods with lots of colouring eg: black coffee/tea, red wine, curries, beetroot and even berries. You should also avoid citrus (orange, lemons, and grapefruit) as it interferes with the bleaching agent.

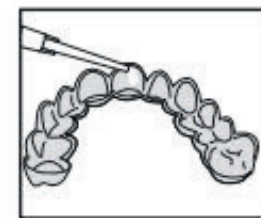
Some patients experience sensitivity while bleaching. There are ways to manage the discomfort:

- Avoid food or drinks straight from the fridge.
- Use toothpaste for sensitive teeth eg: Sensodyne, Colgate Sensitive Pro Relief.
- Bleach every second or third night instead of every night.
- While you are bleaching brush your teeth with lukewarm water.

Instructions on using your bleach trays

- Brush and floss your teeth before you wear your bleach trays.
- When using Pola Day ideally it should be done at the end of the day, after dinner when you are no longer having anything to eat and drink.

- Load your trays with the bleaching gel, by placing a small amount of the bleaching gel in the front surface of each tooth compartment in the tray.



- Insert the trays in your mouth, run your fingers over your teeth so the gel spreads evenly over whole tooth. Remove any excess gel with cotton bud.
- Wear it for 30 mins. If you can tolerate it well, increase it to 45 mins.
- Patients with high sensitivity should only bleach every 2nd or 3rd day for 15 to 30 mins instead.
- After bleaching remove tray and rinse mouth with lukewarm water.
- Clean your trays after each use with cold water. Don't leave in the sun or rinse with hot water, as this can change their shape.
- Keep your trays away from dogs. They love to snack on them.
- Do not be concerned if in the first few days of bleaching, the appearance of your teeth is "blotchy" as it will even out over time.

Once you have finished the course of bleaching, do not dispose of your trays, wash and dry them thoroughly. They can be re-used many times. You only need to purchase more bleaching gel.

If you have any remaining bleaching gel, keep in a cool dark place (not refrigerated) for optimum shelf life.

If you have any queries please contact us on 03 9598 5666.

