



Pola Whitening Gels Use and Care

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Tips and Suggestions:

- * Apply 16% and 22% gel strength for approximately 45 to 90 minutes maximum. This formulation is intended for those with deep staining, darker hue teeth, or that drink dark liquids (red wine, coffee, soda) frequently. These gel strengths penetrate to a deeper enamel layer.
- * Apply 35% gel strength for approximately 15 minutes maximum. This formulation is intended for those on the go who want to whiten quickly and that have lighter hue teeth or tend to have minimal surface staining.
- * Wear trays for directed time every other day for one week to gauge sensitivity. Then wear trays daily OR 2-3 times per week depending on how your teeth respond to treatment.
- * Refrigerate gels to increase longevity.
- * Some may notice sensitivity to cold and discomfort during whitening. Use Sensodyne toothpaste or other sensitive toothpaste brands. If your gums are whitened or become tender, try applying Vitamin E oil to these areas.
- * Teeth are naturally darker along the gumline and these areas may take more time to lighten than the rest of the tooth and usually remain slightly darker.
- * Amalgam or “silver” fillings and porcelain metal crowns may leave a dark color in whitening tray. Crowns, veneers, fillings will not whiten.

Regular dental checkups and cleanings are important before and after whitening to maintain a healthy smile. While you're on your way to making your fantastic smile even brighter please don't hesitate to call your Minty Fresh team with any questions or concerns!



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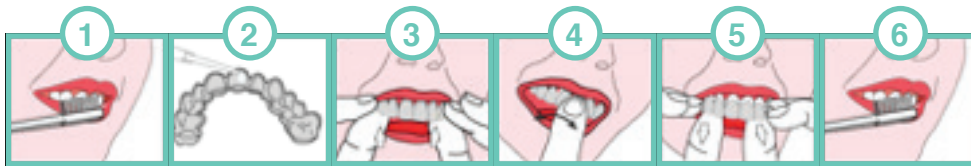
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Use and Care Instructions:



Before dispensing gel into trays place finger over tip and push out any air in tube or just pull gently back on syringe. This will prevent gel from oozing out unnecessarily.

- * Gently brush teeth with wet brush (no toothpaste). Use a paper towel or towel to dry mouth thoroughly, before placing tray.
- * Place a small (rice sized) drop of gel onto center of each tooth in the tray to whiten and seat the tray for recommended duration.
- * After wearing whitening tray for appropriate time remove tray and expectorate excess gel from mouth and avoiding swallowing gel. Remove remaining gel with a tissue or dry soft brush.
- * Brush tray and teeth with wet brush. Toothpaste may be used at this point. Rinse and wipe tray clean and store in case provided.